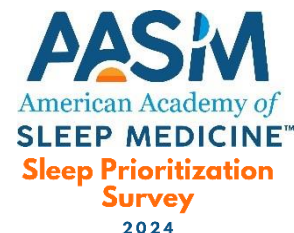


AASM Sleep Prioritization Survey

Set Bedtime



Survey Methodology

The American Academy of Sleep Medicine commissioned an online survey of 2,006 adults throughout the United States. The margin of error for the overall sample is +/- 2 percentage points with a confidence level of 95 percent. Fieldwork took place between May 16 and May 24, 2024, by Atomik Research, an independent market research agency.

Question

Do you have a set “bedtime,” a usual time when you go to bed?

Results

- More than half (53%) of people have a set bedtime.

Overall Results

Total	2,006
Yes	1,057 (53%)
No	949 (47%)

Less than half (47%) of people reported not having a set bedtime.

Results by Gender

	Male	Female	Transgender	Non-binary or gender non-conforming
Total	1,002	1,001	1	2
Yes	559 (56%)	497 (50%)	1 (100%)	0 (0%)
No	443 (44%)	504 (50%)	0 (0%)	2 (100%)

Men (56%) are most likely to report having a set bedtime.

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	234	382	360	360	351	319
Yes	119 (51%)	218 (57%)	176 (49%)	175 (49%)	179 (51%)	190 (60%)
No	115 (49%)	164 (43%)	184 (51%)	185 (51%)	172 (49%)	129 (40%)

People aged 65+ (60%) are most likely to report having a set bedtime.

Results by Generation

	Gen Z (18-27)	Millennial (28-43)	Gen X (44-59)	Baby Boomer (60-78)	Silent Generation (79+)
Total	313	637	572	452	32
Yes	157 (50%)	345 (54%)	279 (49%)	256 (57%)	20 (63%)
No	156 (50%)	292 (46%)	293 (51%)	196 (43%)	12 (38%)

The Silent Generation (63%) is most likely to report having a set bedtime.

Results by Region

	Northeast	Midwest	South	West
Total	348	427	776	455
Yes	188 (54%)	218 (51%)	373 (48%)	278 (61%)
No	160 (46%)	209 (49%)	403 (52%)	177 (39%)

People in the West (61%) are most likely to report having a set bedtime.

About the American Academy of Sleep Medicine

Established in 1975, the AASM advances sleep care and enhances sleep health to improve lives. The AASM has a combined membership of 12,000 accredited sleep centers and individuals, including physicians, scientists and other health care professionals who care for patients with sleep disorders. As the leader in the sleep field, the AASM sets standards and promotes excellence in sleep medicine health care, education and research (aasm.org).