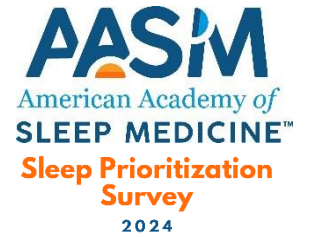


AASM Sleep Prioritization Survey

Losing Sleep Over Sleep



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

How often have you lost sleep at night due to worries about sleep problems?

Results

- 81% of people have lost sleep due to worries about sleep problems.

Overall Results

Total	2,006
Often or always	850 (42%)
Sometimes, often or always	1,318 (66%)
Always	371 (18%)
Often	479 (24%)
Sometimes	468 (23%)
Rarely	313 (16%)
Never	330 (16%)
I don't know	45 (2%)

66% of people report sometimes, often or always losing sleep due to worries about sleep problems.

Results by Gender

	Male	Female	Transgender	Non-binary or gender non-conforming
Total	1,002	1,001	1	2
Often or always	428 (43%)	420 (42%)	1 (100%)	1 (50%)
Sometimes, often or always	651 (65%)	664 (66%)	1 (100%)	2 (100%)
Always	168 (17%)	203 (20%)	0 (0%)	0 (0%)
Often	260 (26%)	217 (22%)	1 (100%)	1 (50%)
Sometimes	223 (22%)	244 (24%)	0 (0%)	1 (50%)
Rarely	164 (16%)	149 (15%)	0 (0%)	0 (0%)
Never	168 (17%)	162 (16%)	0 (0%)	0 (0%)
I don't know	19 (2%)	26 (3%)	0 (0%)	0 (0%)

Males (43%) and Females (42%) are almost equally likely to report often or always losing sleep due to worries about sleep problems.

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	234	382	360	360	351	319
Often or always	133 (57%)	197 (52%)	175 (49%)	168 (47%)	113 (32%)	64 (20%)
Sometimes, often or always	171 (73%)	291 (76%)	246 (68%)	253 (70%)	209 (60%)	148 (46%)
Always	62 (26%)	99 (26%)	84 (23%)	64 (18%)	40 (11%)	22 (7%)
Often	71 (30%)	98 (26%)	91 (25%)	104 (29%)	73 (21%)	42 (13%)
Sometimes	38 (16%)	94 (25%)	71 (20%)	85 (24%)	96 (27%)	84 (26%)
Rarely	26 (11%)	48 (13%)	48 (13%)	53 (15%)	65 (19%)	73 (23%)
Never	32 (14%)	40 (10%)	55 (15%)	46 (13%)	69 (20%)	88 (28%)
I don't know	5 (2%)	3 (1%)	11 (3%)	8 (2%)	8 (2%)	10 (3%)

People 18-24 (57%) are most likely to report often or always losing sleep due to worries about sleep problems.

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
Often or always	172 (55%)	317 (50%)	245 (43%)	110 (24%)	6 (19%)
Sometimes, often or always	229 (73%)	457 (72%)	388 (68%)	231 (51%)	13 (41%)
Always	80 (26%)	154 (24%)	93 (16%)	43 (10%)	1 (3%)
Often	92 (29%)	163 (26%)	152 (27%)	67 (15%)	5 (16%)
Sometimes	57 (18%)	140 (22%)	143 (25%)	121 (27%)	7 (22%)
Rarely	35 (11%)	86 (14%)	87 (15%)	97 (21%)	8 (25%)
Never	41 (13%)	85 (13%)	82 (14%)	112 (25%)	10 (31%)
I don't know	8 (3%)	9 (1%)	15 (3%)	12 (3%)	1 (3%)

Gen Z (73%) and Millennials (72%) are most likely to report often or always losing sleep due to worries about sleep problems.

Results by Region

	Northeast	Midwest	South	West
Total	348	427	776	455
Often or always	147 (42%)	172 (40%)	332 (43%)	199 (44%)
Sometimes, often or always	236 (68%)	281 (66%)	504 (65%)	297 (65%)
Always	63 (18%)	84 (20%)	143 (18%)	81 (18%)
Often	84 (24%)	88 (21%)	189 (24%)	118 (26%)
Sometimes	89 (26%)	109 (26%)	172 (22%)	98 (22%)
Rarely	45 (13%)	71 (17%)	116 (15%)	81 (18%)
Never	60 (17%)	64 (15%)	137 (18%)	69 (15%)
I don't know	7 (2%)	11 (3%)	19 (2%)	8 (2%)

People in the Northeast (68%) are most likely to report often or always losing sleep due to worries about sleep problems.

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).