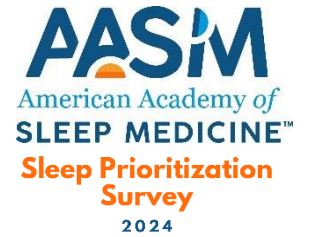


AASM Sleep Prioritization Survey

Parents Co-sleeping with Children



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 do you co-sleep with a child under 18?

Results

- 46% of parents say they sometimes, often or always co-sleep with a child under 18.

Overall Results

Total	1,003
Always or often	284 (28%)
Sometimes, often or always	462 (46%)
Always	140 (14%)
Often	144 (14%)
Sometimes	179 (18%)
Rarely	148 (15%)
Never	368 (37%)
Rarely or never	516 (51%)
I don't know	24 (2%)

Over half (51%) of parents say they rarely or never co-sleep with a child under 18.

Results by Gender

	Male	Female	Transgender	Non-binary or gender non-conforming
Total	636	366	1	0
Always or often	191 (30%)	93 (25%)	0 (0%)	0 (0%)
Sometimes, often or always	294 (46%)	169 (46%)	0 (0%)	0 (0%)
Always	95 (15%)	45 (12%)	0 (0%)	0 (0%)
Often	96 (15%)	48 (13%)	0 (0%)	0 (0%)
Sometimes	103 (16%)	76 (21%)	0 (0%)	0 (0%)
Rarely	94 (15%)	53 (14%)	1 (100%)	0 (0%)
Never	236 (37%)	132 (36%)	0 (0%)	0 (0%)
Rarely or never	330 (52%)	185 (51%)	1 (100%)	0 (0%)
I don't know	12 (2%)	12 (3%)	0 (0%)	0 (0%)

Males (46%) and females (46%) are equally likely to sometimes, often or always co-sleep with a child under 18.

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	105	264	256	196	121	61
Always or often	37 (35%)	105 (40%)	73 (29%)	45 (23%)	17 (14%)	7 (11%)
Sometimes, often or always	62 (59%)	174 (66%)	121 (48%)	65 (33%)	31 (26%)	10 (16%)
Always	18 (17%)	49 (19%)	33 (13%)	24 (12%)	11 (9%)	5 (8%)
Often	19 (18%)	56 (21%)	40 (16%)	21 (11%)	6 (5%)	2 (3%)
Sometimes	25 (24%)	69 (26%)	48 (19%)	20 (10%)	14 (12%)	3 (5%)
Rarely	17 (16%)	29 (11%)	52 (20%)	25 (13%)	18 (15%)	7 (11%)
Never	22 (21%)	52 (20%)	77 (30%)	102 (52%)	71 (59%)	44 (72%)
Rarely or never	39 (37%)	81 (31%)	129 (50%)	127 (65%)	89 (74%)	51 (84%)
I don't know	4 (4%)	9 (3%)	6 (2%)	4 (2%)	1 (1%)	0 (0%)

Parents 25-34 (21%) are most likely to often co-sleep with a child under 18.

Results by Generation

	Gen Z (18-27)	Millennial (28-43)	Gen X (44-59)	Baby Boomer (60-78)	Silent Generation (79+)
Total	147	462	288	102	4
Always or often	48 (33%)	163 (35%)	62 (22%)	11 (11%)	0 (0%)
Sometimes, often or always	90 (62%)	259 (57%)	93 (32%)	21 (21%)	0 (0%)
Always	25 (17%)	72 (16%)	35 (12%)	8 (8%)	0 (0%)
Often	23 (16%)	91 (20%)	27 (9%)	3 (3%)	0 (0%)
Sometimes	42 (29%)	96 (21%)	31 (11%)	10 (10%)	0 (0%)
Rarely	19 (13%)	75 (16%)	41 (14%)	13 (13%)	0 (0%)
Never	32 (22%)	115 (25%)	149 (52%)	68 (67%)	4 (100%)
Rarely or never	51 (35%)	190 (41%)	190 (66%)	81 (79%)	4 (100%)
I don't know	6 (4%)	13 (3%)	5 (2%)	0 (0%)	0 (0%)

Gen Z (62%) are most likely to sometimes, often or always co-sleep with a child under 18.

Results by Region

	Northeast	Midwest	South	West
Total	158	204	318	323
Always or often	53 (34%)	51 (25%)	95 (30%)	85 (26%)
Sometimes, often or always	81 (52%)	84 (41%)	167 (53%)	131 (41%)
Always	30 (19%)	19 (9%)	50 (16%)	41 (13%)
Often	23 (15%)	32 (16%)	45 (14%)	44 (14%)
Sometimes	28 (18%)	33 (16%)	72 (23%)	46 (14%)
Rarely	13 (8%)	25 (12%)	50 (16%)	60 (19%)
Never	60 (38%)	88 (43%)	94 (30%)	126 (39%)
Rarely or never	73 (46%)	113 (55%)	144 (45%)	186 (58%)
I don't know	4 (3%)	7 (3%)	7 (2%)	6 (2%)

Parents in the Northwest (52%) and South (53%) are most likely to sometimes, often or always co-sleep with a child under 18.

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).