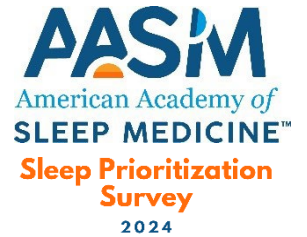


AASM Sleep Prioritization Survey

Disrupted Sleep: Anxiety



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 experience disrupted sleep due to anxiety?

Results

- Two-thirds of Americans (68%) report sometimes, always, or often losing sleep due to anxiety.

Overall Results

Total	2,006
Always or often	856 (43%)
Sometimes, often or always	1,358 (68%)
Always	366 (18%)
Often	490 (24%)
Sometimes	502 (25%)
Rarely	323 (16%)
Never	296 (15%)
I don't know	29 (1%)

Nearly four in ten (43%) Americans report that they always or often experience disrupted sleep due to anxiety.

Results by Gender

	Male	Female	Transgender	Non-binary or gender non-conforming
Total	1,002	1,001	1	2
Always or often	402 (40%)	453 (45%)	0 (0%)	1 (50%)
Sometimes, often or always	634 (63%)	722 (72%)	1 (100%)	1 (50%)
Always	162 (16%)	204 (20%)	0 (0%)	0 (0%)
Often	240 (24%)	249 (25%)	0 (0%)	1 (50%)
Sometimes	232 (23%)	269 (27%)	1 (100%)	0 (0%)
Rarely	182 (18%)	140 (14%)	0 (0%)	1 (50%)
Never	174 (17%)	122 (12%)	0 (0%)	0 (0%)
I don't know	12 (1%)	17 (2%)	0 (0%)	0 (0%)

72% of females reported that they sometimes, often, or always experience disrupted sleep due to anxiety compared with 63% of males.

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	234	382	360	360	351	319
Always or often	136 (58%)	198 (52%)	188 (52%)	166 (46%)	112 (32%)	56 (18%)
Sometimes, often or always	187 (80%)	299 (78%)	262 (73%)	254 (71%)	216 (62%)	140 (44%)
Always	62 (26%)	104 (27%)	86 (24%)	62 (17%)	38 (11%)	14 (4%)
Often	74 (32%)	94 (25%)	102 (28%)	104 (29%)	74 (21%)	42 (13%)
Sometimes	51 (22%)	101 (26%)	74 (21%)	88 (24%)	104 (30%)	84 (26%)
Rarely	30 (13%)	45 (12%)	44 (12%)	51 (14%)	64 (18%)	89 (28%)
Never	15 (6%)	34 (9%)	47 (13%)	51 (14%)	65 (19%)	84 (26%)
I don't know	2 (1%)	4 (1%)	7 (2%)	4 (1%)	6 (2%)	6 (2%)

Americans ages 25-34 (52%) and 35-44 (52%) are equally likely to report that they always or often experience disrupted sleep due to anxiety.

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
Always or often	176 (56%)	331 (52%)	244 (43%)	100 (22%)	5 (16%)
Sometimes, often or always	249 (80%)	479 (75%)	390 (68%)	230 (51%)	10 (31%)
Always	85 (27%)	160 (25%)	90 (16%)	31 (7%)	0 (0%)
Often	91 (29%)	171 (27%)	154 (27%)	69 (15%)	5 (16%)
Sometimes	73 (23%)	148 (23%)	146 (26%)	130 (29%)	5 (16%)
Rarely	37 (12%)	80 (13%)	95 (17%)	101 (22%)	10 (31%)
Never	24 (8%)	69 (11%)	80 (14%)	111 (25%)	12 (38%)
I don't know	3 (1%)	9 (1%)	7 (1%)	10 (2%)	0 (0%)

Gen Z (80%) are most likely to report that they sometimes, often, or always experience disrupted sleep due to anxiety.

Results by Region

	Northeast	Midwest	South	West
Total	348	427	776	455
Always or often	144 (41%)	184 (43%)	353 (45%)	175 (38%)
Sometimes, often or always	242 (70%)	288 (67%)	539 (69%)	289 (64%)
Always	71 (20%)	78 (18%)	136 (18%)	81 (18%)
Often	73 (21%)	106 (25%)	217 (28%)	94 (21%)
Sometimes	98 (28%)	104 (24%)	186 (24%)	114 (25%)
Rarely	53 (15%)	69 (16%)	106 (14%)	95 (21%)
Never	49 (14%)	64 (15%)	119 (15%)	64 (14%)
I don't know	4 (1%)	6 (1%)	12 (2%)	7 (2%)

Nearly three-fourths (70%) of Americans in the Northeast report that they sometimes, often, or always experience disrupted sleep due to anxiety.

About the American Academy of Sleep Medicine

Established in 1975, the AASM is a medical association that advances sleep care and enhances sleep health to improve lives. The AASM membership includes more than 9,500 physicians, scientists, and other health care professionals who help people who have sleep disorders. The AASM also accredits 2,300 sleep centers that are providing the highest quality of sleep care across the country (aasm.org).