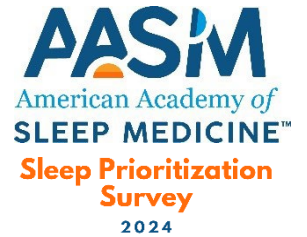


AASM Sleep Prioritization Survey

Disrupted Sleep: Depression



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 depression?

Results

- Over half of Americans (55%) report sometimes, always, or often experiencing disrupted sleep due to depression.

Overall Results

Total	2,006
Always or often	706 (35%)
Sometimes, often or always	1,101 (55%)
Always	304 (15%)
Often	402 (20%)
Sometimes	395 (20%)
Rarely	348 (17%)
Never	517 (26%)
I don't know	40 (2%)

Over one-third of Americans (35%) report always or often experiencing disrupted sleep due to depression.

Results by Gender

	Male	Female	Transgender	Non-binary or gender non-conforming
Total	1,002	1,001	1	2
Always or often	334 (33%)	371 (37%)	0 (0%)	1 (50%)
Sometimes, often or always	523 (52%)	575 (57%)	1 (100%)	2 (100%)
Always	141 (14%)	163 (16%)	0 (0%)	0 (0%)
Often	193 (19%)	208 (21%)	0 (0%)	1 (50%)
Sometimes	189 (19%)	204 (20%)	1 (100%)	1 (50%)
Rarely	186 (19%)	162 (16%)	0 (0%)	0 (0%)
Never	274 (27%)	243 (24%)	0 (0%)	0 (0%)
I don't know	19 (2%)	21 (2%)	0 (0%)	0 (0%)

Over half of females (57%) report that they sometimes, often, or always experience disrupted sleep due to depression.

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	111 (47%)	169 (44%)	154 (43%)	148 (41%)	86 (25%)	38 (12%)
Sometimes, often or always	145 (62%)	257 (67%)	233 (65%)	220 (61%)	160 (46%)	86 (27%)
Always	40 (17%)	82 (21%)	75 (21%)	56 (16%)	41 (12%)	10 (3%)
Often	71 (30%)	87 (23%)	79 (22%)	92 (26%)	45 (13%)	28 (9%)
Sometimes	34 (15%)	88 (23%)	79 (22%)	72 (20%)	74 (21%)	48 (15%)
Rarely	41 (18%)	52 (14%)	57 (16%)	59 (16%)	71 (20%)	68 (21%)
Never	40 (17%)	65 (17%)	64 (18%)	79 (22%)	111 (32%)	158 (50%)
I don't know	8 (3%)	8 (2%)	6 (2%)	2 (1%)	9 (3%)	7 (2%)

Americans ages 25-34 (67%) are most likely to report that they sometimes, often, or always experience disrupted sleep due to depression.

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	140 (45%)	283 (44%)	207 (36%)	73 (16%)	3 (9%)
Sometimes, often or always	198 (63%)	420 (66%)	326 (57%)	152 (34%)	5 (16%)
Always	52 (17%)	139 (22%)	82 (14%)	30 (7%)	1 (3%)
Often	88 (28%)	144 (23%)	125 (22%)	43 (10%)	2 (6%)
Sometimes	58 (19%)	137 (22%)	119 (21%)	79 (17%)	2 (6%)
Rarely	53 (17%)	93 (15%)	105 (18%)	88 (19%)	9 (28%)
Never	51 (16%)	114 (18%)	134 (23%)	200 (44%)	18 (56%)
I don't know	11 (4%)	10 (2%)	7 (1%)	12 (3%)	0 (0%)

Millennials (66%) are most likely to report that they sometimes, often, or always experience disrupted sleep due to depression.

Results by Region

	Northeast	Midwest	South	West
Total	348	427	776	455
Always or often	127 (36%)	154 (36%)	282 (36%)	143 (31%)
Sometimes, often or always	198 (57%)	226 (53%)	440 (57%)	237 (52%)
Always	58 (17%)	68 (16%)	109 (14%)	69 (15%)
Often	69 (20%)	86 (20%)	173 (22%)	74 (16%)
Sometimes	71 (20%)	72 (17%)	158 (20%)	94 (21%)
Rarely	71 (20%)	70 (16%)	121 (16%)	86 (19%)
Never	73 (21%)	120 (28%)	200 (26%)	124 (27%)
I don't know	6 (2%)	11 (3%)	15 (2%)	8 (2%)

Americans in the Northeast (36%), Midwest (36%) and South (36%) are equally likely to report that they always or often experience disrupted sleep due to depression.

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).