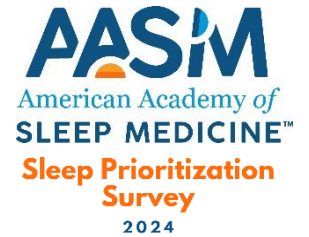


AASM Sleep Prioritization Survey

Disrupted Sleep: Stress



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 stress?

Results

- Almost three-fourths of Americans (74%) report sometimes, always, or often experiencing disrupted sleep due to stress.

Overall Results

Total	2,006
Always or often	945 (47%)
Sometimes, often or always	1,488 (74%)
Always	408 (20%)
Often	537 (27%)
Sometimes	543 (27%)
Rarely	287 (14%)
Never	204 (10%)
I don't know	27 (1%)

47% of Americans report always or often experiencing disrupted sleep due to stress.

Results by Gender

	Male	Female	Transgender	Non-binary or gender non-conforming
Total	1,002	1,001	1	2
Always or often	441 (44%)	502 (50%)	1 (100%)	1 (50%)
Sometimes, often or always	701 (70%)	784 (78%)	1 (100%)	2 (100%)
Always	174 (17%)	234 (23%)	0 (0%)	0 (0%)
Often	267 (27%)	268 (27%)	1 (100%)	1 (50%)
Sometimes	260 (26%)	282 (28%)	0 (0%)	1 (50%)
Rarely	163 (16%)	124 (12%)	0 (0%)	0 (0%)
Never	132 (13%)	72 (7%)	0 (0%)	0 (0%)
I don't know	6 (1%)	21 (2%)	0 (0%)	0 (0%)

Females (78%) are most likely to sometimes, often, or always experience disrupted sleep due to stress.

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	146 (62%)	218 (57%)	204 (57%)	187 (52%)	122 (35%)	68 (21%)
Sometimes, often or always	198 (85%)	310 (81%)	287 (80%)	287 (80%)	243 (69%)	163 (51%)
Always	58 (25%)	107 (28%)	95 (26%)	81 (23%)	49 (14%)	18 (6%)
Often	88 (38%)	111 (29%)	109 (30%)	106 (29%)	73 (21%)	50 (16%)
Sometimes	52 (22%)	92 (24%)	83 (23%)	100 (28%)	121 (34%)	95 (30%)
Rarely	19 (8%)	44 (12%)	41 (11%)	41 (11%)	65 (19%)	77 (24%)

Respondents ages 18-24 (85%) are most likely to sometimes, often, or always experience disrupted sleep due to stress.

Never	14 (6%)	24 (6%)	27 (8%)	30 (8%)	37 (11%)	72 (23%)
I don't know	3 (1%)	4 (1%)	5 (1%)	2 (1%)	6 (2%)	7 (2%)

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	195 (62%)	359 (56%)	266 (47%)	118 (26%)	7 (22%)
Sometimes, often or always	262 (84%)	513 (81%)	442 (77%)	257 (57%)	14 (44%)
Always	83 (27%)	169 (27%)	114 (20%)	41 (9%)	1 (3%)
Often	112 (36%)	190 (30%)	152 (27%)	77 (17%)	6 (19%)
Sometimes	67 (21%)	154 (24%)	176 (31%)	139 (31%)	7 (22%)
Rarely	27 (9%)	76 (12%)	73 (13%)	105 (23%)	6 (19%)
Never	20 (6%)	41 (6%)	53 (9%)	79 (17%)	11 (34%)
I don't know	4 (1%)	7 (1%)	4 (1%)	11 (2%)	1 (3%)

Gen Z (62%) are most likely to report always or often experiencing disrupted sleep due to stress.

Results by Region

	Northeast	Midwest	South	West
Total	348	427	776	455
Always or often	165 (47%)	211 (49%)	368 (47%)	201 (44%)
Sometimes, often or always	263 (76%)	320 (75%)	570 (73%)	335 (74%)
Always	80 (23%)	88 (21%)	152 (20%)	88 (19%)
Often	85 (24%)	123 (29%)	216 (28%)	113 (25%)
Sometimes	98 (28%)	109 (26%)	202 (26%)	134 (29%)
Rarely	52 (15%)	61 (14%)	96 (12%)	78 (17%)
Never	28 (8%)	38 (9%)	101 (13%)	37 (8%)
I don't know	5 (1%)	8 (2%)	9 (1%)	5 (1%)

Americans in the Northeast (76%) and Midwest (75%) are most likely to report sometimes, often, or always experiencing disrupted sleep due to stress.

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).