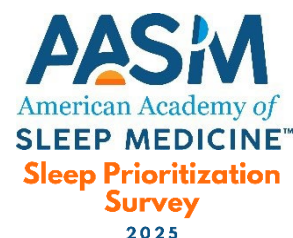


AASM Sleep Prioritization Survey

Adjusting Your Sleep Routine



Survey Methodology

The American Academy of Sleep Medicine commissioned an online survey of 2,007 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 June 5 and June 13, 2025, by Atomik Research, an independent market research agency.

Question

Do you ever do any of the following to adjust your sleep routine to accommodate a bed partner?

Results

- Almost one-third (31%) of U.S. adults sleep in another bed in the same bedroom or sleep in another space to accommodate a bed partner.

Overall Results

Total	2,007
Sleep in another bed in the same bedroom OR Sleep in another space	31%
Sleep in another bed in the same bedroom	13%
Sleep in another space	23%
Go to sleep at a different time than desired	37%
Use a silent alarm	15%
None of these	39%

Over one-third (37%) of respondents go to bed at a different time than desired to accommodate a bed partner.

Results by Gender

	Male	Female	Transgender	Non-binary or gender non-conforming
Total	1,005	999	1	2
Sleep in another bed in the same bedroom OR Sleep in another space	36%	27%	0%	0%
Sleep in another bed in the same bedroom	17%	10%	0%	0%
Sleep in another space	26%	20%	0%	0%
Go to sleep at a different time than desired	41%	33%	100%	50%
Use a silent alarm	20%	10%	0%	0%
None of these	33%	44%	0%	50%

One-fifth (20%) of male respondents use a silent alarm compared to only one-tenth (10%) of female respondents.

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	233	397	398	347	332	300
Sleep in another bed in the same bedroom OR Sleep in another space	33%	34%	39%	33%	25%	18%

Sleep in another bed in the same bedroom	18%	19%	18%	12%	8%	5%
Sleep in another space	21%	22%	30%	26%	21%	16%
Go to sleep at a different time than desired	45%	47%	42%	40%	26%	21%
Use a silent alarm	16%	20%	21%	17%	9%	3%
None of these	25%	28%	28%	39%	51%	65%

Almost half (48%) of 35-44-year-olds either sleep in another bed in the same bedroom or sleep in another space to accommodate their bed partner.

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).