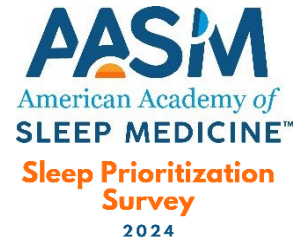


AASM Sleep Prioritization Survey

Losing Sleep Over Work Worries



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 have you lost sleep at night due to worries about work?

Results

- 65% of people have lost sleep due to worries about work

Overall Results

Total	2,006
Always	264 (13%)
Often	349 (17%)
Sometimes	424 (21%)
Rarely	262 (13%)
Never	637 (32%)
I don't know	70 (3%)

Over half (65%) of U.S. adults report they have sometimes, often, always or rarely lost sleep due to worries about work.

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).