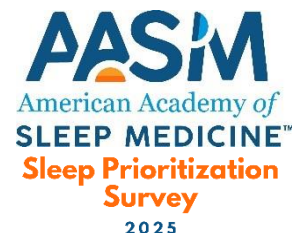


AASM Sleep Prioritization Survey

Negative Impacts of Children Not Getting Enough Sleep



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

Which of the following are negatively impacted when your child does not get enough sleep?

Results

- Parents say that when their children do not get enough sleep, they are negatively impacted in mood (63%), behavior (50%), attitude (49%), physical energy (45%), and academic performance (34%).

Overall Results

Total	1,003
Attitude	49%
Mood	63%
Academic performance	34%
Physical energy	45%
Relationships	21%
Behavior	50%
None of these	8%

Over 60% of parents say that their child's mood is negatively impacted when they don't get enough sleep.

Results by Gender

	Male	Female	Transgender	Non-binary or gender non-conforming
Total	501	502	0	0
Attitude	48%	51%	0%	0%
Mood	61%	65%	0%	0%
Academic performance	38%	30%	0%	0%
Physical energy	47%	44%	0%	0%
Relationships	25%	17%	0%	0%
Behavior	48%	52%	0%	0%
None of these	8%	9%	0%	0%

Males (38%) are more likely than females (30%) to report that their child's academic performance is negatively impacted when they don't get enough sleep.

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	144	219	243	181	154	92
Attitude	44%	51%	49%	47%	52%	52%
Mood	62%	62%	64%	62%	68%	57%
Academic performance	23%	34%	39%	35%	34%	29%
Physical energy	40%	46%	46%	51%	45%	39%
Relationships	19%	21%	23%	25%	15%	12%
Behavior	54%	53%	48%	48%	45%	53%
None of these	4%	9%	6%	8%	10%	15%

Parents 55-64 (68%) are most likely to say that their child's mood is negatively impacted when they don't get enough sleep.

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).