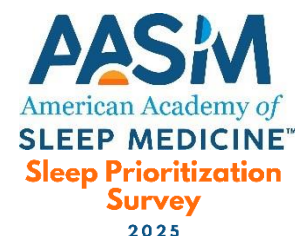


AASM Sleep Prioritization Survey

Parents Giving a Child Melatonin



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

Have you given a child under the age of 18 melatonin to help him or her sleep?

Results

- Nearly one-quarter of parents (24%) have turned to melatonin to help their child fall asleep.

Overall Results

Total	2,007
Yes	24%
No	74%
I don't know	1%

Most parents (74%) say they have not given a child under the age of 18 melatonin to help him or her sleep.

Results by Gender

	Male	Female	Transgender	Non-binary or gender non-conforming
Total	1,005	999	1	2
Yes	25%	24%	0%	0%
No	74%	74%	100%	50%
I don't know	1%	2%	0%	50%

Males (25%) and females (24%) are almost equally likely to say they have given a child under the age of 18 melatonin to help him or her sleep.

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	233	397	398	347	332	300
Yes	24%	25%	33%	31%	21%	9%
No	72%	73%	66%	67%	79%	91%
I don't know	4%	2%	1%	2%	0%	0%

Parents aged 35-44 (33%) are most likely to say they have given a child under the age of 18 melatonin to help him or her 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).