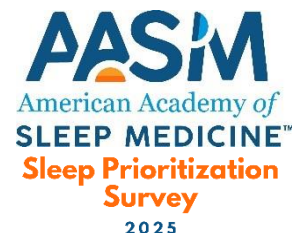


AASM Sleep Prioritization Survey

Regular Bedtime Routine for School-Aged Children



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 have a consistent bedtime routine for your school-aged children?

Results

- 85% of parents say their school-aged children have a regular bedtime routine.

Overall Results

Total	1,003
Yes	85%
No	15%

Most parents (85%) say their school-aged children have a regular bedtime routine.

Results by Gender

	Male	Female	Transgender	Non-binary or gender non-conforming
Total	501	502	0	0
Yes	86%	84%	0%	0%
No	14%	16%	0%	0%

Males (86%) and females (84%) are almost equally likely to report that their school-aged children have a regular bedtime routine.

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	114	219	243	181	154	92
Yes	84%	85%	88%	85%	84%	85%
No	16%	15%	12%	15%	16%	15%

Survey respondents aged 35-44 (88%) are most likely to report that their school-aged children have a regular bedtime routine.

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).