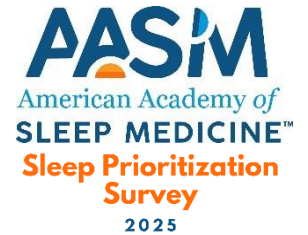


AASM Sleep Prioritization Survey

Drowsy Driving



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 ever felt so sleepy while driving that it affected your ability to drive safely?

Results

- 41% of U.S. adults say they have felt so sleepy while driving that it affected their ability to drive safely.

Overall Results

Total	2,007
Yes	41%
No	59%

41% of U.S. adults say they have felt so sleepy while driving that it affected their ability to drive safely.

Results by Gender

	Male	Female
Total	1,005	999
Yes	50%	33%
No	50%	67%

Men (50%) are more likely than women (33%) to say they have felt so sleepy while driving that it affected their ability to drive safely.

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	233	397	398	347	332	300
Yes	40%	43%	47%	46%	41%	28%
No	60%	57%	53%	54%	59%	72%

U.S. adults aged 35-44 (47%) and 45 to 54 (46%) are most likely to say they have felt so sleepy while driving that it affected their ability to drive safely.

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).