

AASM Sleep Prioritization Survey

Daily Activities Affected by Sleepiness

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

How often does sleepiness affect your daily activities?

Results

- Most adults (72%) say sleepiness sometimes, often or always affects their daily activities.
- Adults aged 25-34 (15%) are most likely to say that sleepiness always affects their daily activities.

Overall Results

Total	2,007
Always	10%
Often	24%
Sometimes	38%
Rarely	21%
Never	7%
I don't know	1%

Most adults (72%) say sleepiness sometimes, often or always affects their daily activities.

Results by Gender

	Male	Female
Total	1005	999
Always	9%	10%
Often	23%	25%
Sometimes	37%	38%
Rarely	22%	21%
Never	8%	6%
I don't know	0%	1%

Women (73%) are more likely than men (69%) to say that sleepiness sometimes, often or always affects their daily activities.

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	233	397	398	347	332	300
Always	11%	15%	12%	10%	8%	0%
Often	28%	27%	28%	25%	20%	14%
Sometimes	34%	37%	37%	40%	40%	37%
Rarely	21%	15%	17%	18%	26%	33%
Never	4%	6%	6%	5%	5%	15%
I don't know	1%	1%	1%	0%	1%	1%

Adults aged 25-34 (78%) are most likely to say that sleepiness sometimes, often or always affects their daily activities.

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).