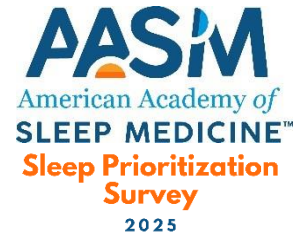


AASM Sleep Prioritization Survey

Dietary Habits/Practices Impacting 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

How, if at all, do the following dietary habits/practices impact your sleep?

Results

- Most adults (59%) say eating a well-balanced diet helps them sleep slightly or significantly better.

Eating a well-balanced diet

Overall Results

Total	2,007
No impact	25%
Sleep significantly worse	3%
Sleep slightly worse	4%
Sleep slightly better	34%
Sleep significantly better	25%
N/A I don't do this	9%

Most adults (59%) say eating a well-balanced diet helps them sleep slightly or significantly better.

Results by Gender

	Male	Female
Total	1,005	999
No impact	22%	29%
Sleep significantly worse	4%	2%
Sleep slightly worse	4%	4%
Sleep slightly better	34%	34%
Sleep significantly better	29%	21%
N/A I don't do this	7%	10%

Men (63%) are more likely than women (55%) to say that eating a well-balanced diet helps them sleep slightly or significantly better.

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	233	397	398	347	332	300
No impact	21%	19%	21%	25%	28%	41%
Sleep significantly worse	6%	4%	3%	2%	2%	1%
Sleep slightly worse	8%	7%	5%	3%	2%	1%
Sleep slightly better	28%	34%	34%	38%	38%	32%
Sleep significantly better	26%	30%	29%	23%	22%	16%
N/A I don't do this	10%	8%	9%	8%	8%	9%

Adults aged 25-34 (64%) are the most likely age group to say that eating a well-balanced diet helps them sleep slightly or significantly better.

Eating a gluten-free diet

Overall Results

Total	2,007
No impact	25%
Sleep significantly worse	3%
Sleep slightly worse	5%
Sleep slightly better	14%
Sleep significantly better	10%
N/A I don't do this	43%

One-quarter of adults (25%) say eating a gluten-free diet has no impact on their sleep.

Results by Gender

	Male	Female
Total	1,005	999
No impact	24%	25%
Sleep significantly worse	2%	3%
Sleep slightly worse	7%	4%
Sleep slightly better	18%	10%
Sleep significantly better	13%	7%
N/A I don't do this	37%	51%

Of adults eating a gluten-free diet, men (31%) are more likely than women (17%) to say that it helps them sleep slightly or significantly better.

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	233	397	398	347	332	300
No impact	30%	25%	26%	22%	23%	24%
Sleep significantly worse	4%	4%	6%	1%	0%	0%
Sleep slightly worse	8%	10%	6%	2%	5%	1%
Sleep slightly better	16%	19%	20%	14%	7%	4%
Sleep significantly better	12%	14%	14%	11%	5%	1%
N/A I don't do this	30%	28%	28%	50%	60%	69%

Of adults eating a gluten-free diet, those 25-34 (33%) and 35-44 (34%) are the most likely age groups to say it helps them sleep slightly or significantly better.

Eating a vegetarian diet

Overall Results

Total	2,007
No impact	24%
Sleep significantly worse	3%
Sleep slightly worse	5%
Sleep slightly better	15%
Sleep significantly better	10%
N/A I don't do this	43%

One-quarter of adults (25%) say eating a vegetarian diet helps them sleep slightly or significantly better.

Results by Gender

	Male	Female
Total	1,005	999
No impact	22%	25%
Sleep significantly worse	4%	3%
Sleep slightly worse	6%	4%
Sleep slightly better	19%	11%
Sleep significantly better	13%	7%
N/A I don't do this	36%	50%

Of adults eating a vegetarian diet, men (32%) are more likely than women (18%) to say that it helps them sleep slightly or significantly better.

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	233	397	398	347	332	300
No impact	30%	25%	24%	19%	20%	26%
Sleep significantly worse	5%	5%	4%	3%	2%	1%
Sleep slightly worse	9%	10%	6%	3%	3%	1%
Sleep slightly better	18%	20%	20%	17%	11%	6%
Sleep significantly better	8%	13%	15%	11%	7%	2%
N/A I don't do this	30%	28%	31%	48%	58%	64%

Of adults eating a vegetarian diet, those 25-34 (33%) and 35-44 (35%) are the most likely age groups to say it helps them sleep slightly or significantly better.

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).