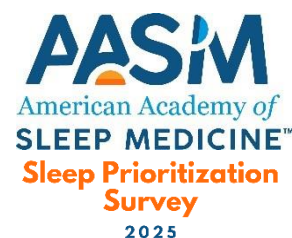


AASM Sleep Prioritization Survey

Exercise 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 does exercising in the morning or evening impact your sleep?

Results

- 42% of adults say exercising in the morning helps them sleep lightly or significantly better, and 46% of adults say exercising in the evening (46%) helps them sleep slightly or significantly better.

Exercising in the Morning

Overall Results

Total	2,007
No impact	28%
Sleep significantly worse	4%
Sleep slightly worse	6%
Sleep slightly better	24%
Sleep significantly better	18%
N/A I don't do this	21%

Many adults say exercising in the morning (42%) helps them sleep slightly or significantly better.

Results by Gender

	Male	Female
Total	1,005	999
No impact	25%	30%
Sleep significantly worse	3%	4%
Sleep slightly worse	7%	5%
Sleep slightly better	27%	21%
Sleep significantly better	23%	13%
N/A I don't do this	15%	27%

Men (50%) are more likely than women (34%) to say that exercising in the morning 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	23%	23%	25%	22%	31%	43%
Sleep significantly worse	6%	5%	5%	2%	2%	2%
Sleep slightly worse	10%	10%	6%	5%	4%	1%
Sleep slightly better	24%	28%	28%	25%	22%	14%
Sleep significantly better	20%	21%	23%	18%	16%	8%
N/A I don't do this	16%	13%	13%	27%	25%	32%

Adults aged 25-34 (49%) and 35-44 (51%) are most likely to say that exercising in the morning helps them sleep slightly or significantly better.

Exercising in the Evening

Overall Results

Total	2,007
No impact	19%
Sleep significantly worse	5%
Sleep slightly worse	9%
Sleep slightly better	30%
Sleep significantly better	16%
N/A I don't do this	22%

Many adults say exercising in the evening (46%) helps them sleep slightly or significantly better.

Results by Gender

	Male	Female
Total	1,005	999
No impact	17%	20%
Sleep significantly worse	4%	5%
Sleep slightly worse	10%	8%
Sleep slightly better	33%	26%
Sleep significantly better	20%	12%
N/A I don't do this	16%	29%

Men (53%) are more likely than women (38%) to say that exercising in the evening 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	18%	14%	17%	18%	21%	26%
Sleep significantly worse	5%	5%	4%	5%	7%	2%
Sleep slightly worse	10%	10%	10%	8%	9%	5%
Sleep slightly better	32%	37%	31%	30%	27%	20%
Sleep significantly better	20%	23%	24%	14%	7%	5%
N/A I don't do this	15%	11%	15%	23%	30%	43%

Adults aged 25-34 (60%) and 35-44 (55%) are most likely age groups to say that exercising in the evening 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).