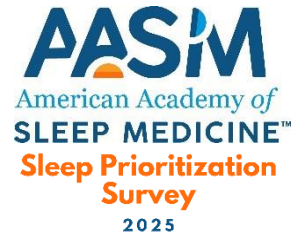


# AASM Sleep Prioritization Survey

## “Doomscrolling” 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, does using your phone or tablet before bed to view news/current events, or “doomscrolling” impact your sleep?

### Results

- Over one-third (38%) of adults say using their phone or tablet before bed to view news/current events, or “doomscrolling,” makes them sleep slightly or significantly worse.
- Adults aged 18-24 (46%) are most likely to report that using their phone or tablet before bed to view news/current events, or “doomscrolling” makes them sleep slightly or significantly worse.

### Overall Results

<b>Total</b>	<b>2,007</b>
No impact	23%
Sleep significantly worse	15%
Sleep slightly worse	23%
Sleep slightly better	16%
Sleep significantly better	10%
N/A I don't do this	14%

Only (14%) of U.S. adults report that they never use their phone or tablet before bed to view news/current events.

### Results by Gender

	Male	Female
<b>Total</b>	<b>1005</b>	<b>999</b>
No impact	21%	25%
Sleep significantly worse	15%	15%
Sleep slightly worse	21%	24%
Sleep slightly better	20%	13%
Sleep significantly better	12%	7%
N/A I don't do this	11%	16%

Women (39%) are more likely than men (36%) to say “doomscrolling” makes them sleep slightly or significantly worse.

### Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
<b>Total</b>	<b>233</b>	<b>397</b>	<b>398</b>	<b>347</b>	<b>332</b>	<b>300</b>
No impact	18%	17%	23%	26%	23%	31%
Sleep significantly worse	18%	18%	18%	13%	13%	9%
Sleep slightly worse	28%	25%	21%	25%	23%	14%
Sleep slightly better	16%	20%	19%	16%	16%	9%
Sleep significantly better	12%	14%	13%	11%	5%	3%
N/A I don't do this	8%	7%	6%	10%	20%	33%

Adults aged 65+ (31%) are the most likely age group to say “doomscrolling” has no impact on their sleep.

### **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](https://aasm.org)).