

AASM Sleep Prioritization Survey

Priorities Over Recommended Amount of 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

Which do you prioritize more than getting the recommended amount of sleep each night?

Results

- More than one-quarter (26%) of adults prioritize screen time with their phone over getting the recommended amount of sleep each night.

Overall Results

Total	2,007
Family or household responsibilities	42%
Work or school schedule	32%
Screen time with phone	26%
Social activities or events	23%
Binge-watching shows or movies	23%
Exercise routine	20%
Partner's sleep schedule	18%
Video games	17%
None of these	15%

More than one-quarter (26%) of adults prioritize screen time with their phone over getting the recommended amount of sleep each night.

Results by Gender

	Male	Female
Total	1005	999
Family or household responsibilities	40%	45%
Work or school schedule	35%	29%
Screen time with phone	26%	26%
Social activities or events	26%	20%
Binge-watching shows or movies	24%	22%
Exercise routine	26%	15%
Partner's sleep schedule	20%	16%
Video games	23%	11%
None of these	12%	17%

Men and women are equally as likely (26%) to screen time with their phone over getting the recommended amount of sleep each night.

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	233	397	398	347	332	300
Family or household responsibilities	36%	42%	45%	45%	45%	38%
Work or school schedule	33%	36%	39%	33%	30%	16%
Screen time with phone	35%	31%	30%	27%	20%	12%

Adults 18-24 are the most likely age group (35%) to prioritize screen time with phone over getting the recommended amount of sleep each night.

Social activities or events	30%	29%	31%	20%	15%	12%
Binge-watching shows or movies	24%	28%	27%	24%	18%	13%
Exercise routine	20%	25%	26%	23%	14%	12%
Partner's sleep schedule	18%	24%	20%	18%	14%	13%
Video games	23%	25%	23%	17%	9%	4%
None of these	6%	9%	10%	14%	21%	30%

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).