

# AASM Sleep Prioritization Survey

## Screen Usage During the Week



### 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 during a typical week do you use a “screen” (TV, smartphone, computer, tablet, e-reader) while in bed?

### Results

- Half of adults (50%) use a “screen” while in bed every day during a typical week.
- One-third of adults (33%) use a “screen” while in bed most days or several days a week during a typical week.

### Overall Results

<b>Total</b>	<b>2,007</b>
Every day	50%
Most days	22%
Several days a week	11%
One or two days	4%
Less often than one day a week	4%
Never	9%

Only (9%) of adults never use a “screen” while in bed.

### Results by Gender

	Male	Female
<b>Total</b>	<b>1005</b>	<b>999</b>
Every day	48%	52%
Most days	24%	20%
Several days a week	11%	10%
One or two days	4%	4%
Less often than one day a week	4%	4%
Never	9%	9%

Women (52%) are more likely than men (48%) to use a “screen” while in bed every day.

### 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>
Every day	57%	51%	57%	55%	43%	36%
Most days	20%	30%	22%	21%	20%	15%
Several days a week	15%	11%	11%	9%	12%	6%
One or two days	5%	3%	4%	3%	4%	7%
Less often than one day a week	2%	1%	4%	3%	7%	9%
Never	2%	4%	4%	8%	14%	27%

Adults aged 18-24 and 35-44 are equally as likely (57%) to use a “screen” while in bed every day.

### **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)).