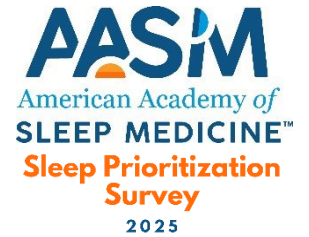


# AASM Sleep Prioritization Survey

## Doctor's Visits



### 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

Have you discussed your sleep with any of the following health professionals?

### Results

- Nearly one-half (45%) of adults have not discussed their sleep with any health professional.
- Only 15% of adults have discussed their sleep with a sleep specialist.

### Overall Results

<b>Total</b>	<b>2,007</b>
Primary care professional	37%
Sleep specialist	15%
Other medical specialist	6%
Pharmacist	8%
Mental health professional	20%
Dentist	5%
None of these	45%

Over one-third of adults discussed their sleep with a primary care professional (37%) or mental health professional (20%).

### Results by Gender

	Male	Female
<b>Total</b>	<b>1,005</b>	<b>999</b>
Primary care professional	39%	35%
Sleep specialist	21%	9%
Other medical specialist	7%	6%
Pharmacist	12%	4%
Mental health professional	23%	18%
Dentist	7%	3%
None of these	40%	49%

Women (49%) are more likely than men (40%) to have not discussed their sleep with a health professional.

### 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>
Primary care professional	26%	35%	43%	39%	44%	28%
Sleep specialist	12%	17%	19%	17%	11%	8%
Other medical specialist	6%	9%	8%	7%	4%	4%
Pharmacist	9%	11%	12%	8%	4%	2%
Mental health professional	25%	30%	29%	19%	12%	4%
Dentist	7%	7%	7%	5%	2%	1%
None of these	45%	38%	34%	46%	46%	64%

Adults aged 35-44 (19%) are the most likely age group to have discussed their sleep with a sleep specialist.

### 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)).