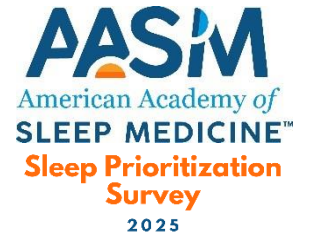


# AASM Sleep Prioritization Survey

## Menopause Affecting 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 has menopause affected your sleep quality?

### Results

- Women aged 45-64 report menopause-affected sleep challenges including frequent nighttime waking (37%), night sweats or hot flashes that disrupt sleep (35%), increased daytime fatigue (29%), and difficulty falling asleep (27%).
- Only 6% of women aged 45-64 say that their sleep quality had not changed during menopause.

### Overall Results

| Total  | 999 |
|--|-----|
| I sleep more soundly   | 5%  |
| I have difficulty falling asleep                               | 19% |
| I experience night sweats or hot flashes that disrupt my sleep | 21% |
| I wake up more frequently during the night                     | 23% |
| I experience increased fatigue during the day                  | 19% |
| My sleep quality has not changed                               | 8%  |
| None of these  | 14% |
| N/A  | 37% |

23% of women report waking up more frequently during the night because of menopause.

### Results by Age Group

|  | 18-24      | 25-34      | 35-44      | 45-64      | 65+        |
|--|------------|------------|------------|------------|------------|
| <b>Total</b>   | <b>135</b> | <b>195</b> | <b>173</b> | <b>347</b> | <b>149</b> |
| I sleep more soundly   | 9%         | 8%         | 6%         | 3%         | 1%         |
| I have difficulty falling asleep                               | 15%        | 16%        | 12%        | 27%        | 15%        |
| I experience night sweats or hot flashes that disrupt my sleep | 13%        | 13%        | 15%        | 35%        | 13%        |
| I wake up more frequently during the night                     | 18%        | 9%         | 16%        | 37%        | 19%        |
| I experience increased fatigue during the day                  | 17%        | 10%        | 15%        | 29%        | 15%        |
| My sleep quality has not changed                               | 9%         | 8%         | 8%         | 6%         | 9%         |
| None of these  | 10%        | 14%        | 14%        | 14%        | 19%        |
| N/A  | 47%        | 49%        | 47%        | 20%        | 42%        |

Women aged 45-64 (35%) commonly report experiencing night sweats or hot flashes that disrupt their sleep because of menopause.

### 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](http://aasm.org)).