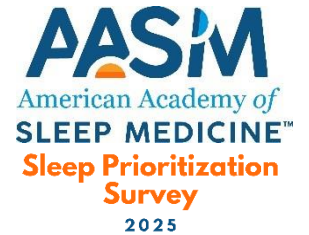


AASM Sleep Prioritization Survey

Menstrual Cycle 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 does your menstrual cycle affect your sleep?

Results

- Women 18-44 commonly report sleep challenges during their menstrual cycle, including hormonal changes that increase fatigue (40%), cramps or discomfort (39%), waking up more frequently throughout the night (32%), trouble falling asleep before or during their period (25%), and more vivid dreams or restless sleep (22%).
- Only 9% of women 18-44 say their sleep quality does not change during their menstrual cycle.

Overall Results

Total	999
I have trouble falling asleep before or during my period	15%
I wake up more often during the night while menstruating	20%
I experience more vivid dreams or restless sleep while menstruating	14%
Cramps or discomfort make it harder to sleep while menstruating	24%
Hormonal changes cause fatigue, making me sleep more while menstruating	24%
My sleep quality does not change during my cycle	12%
None of these	15%
N/A	32%

Women (24%) report that cramps or discomfort make it harder to sleep while menstruating.

Results by Age Group

	18-44	45-54	55-64	65+
Total	503	168	179	149
I have trouble falling asleep before or during my period	25%	9%	4%	1%
I wake up more often during the night while menstruating	32%	19%	2%	2%
I experience more vivid dreams or restless sleep while menstruating	22%	9%	3%	1%
Cramps or discomfort make it harder to sleep while menstruating	39%	20%	2%	1%
Hormonal changes cause fatigue, making me sleep more while menstruating	40%	20%	3%	2%
My sleep quality does not change during my cycle	20%	7%	5%	0%
None of these	9%	26%	18%	17%
N/A	6%	27%	70%	79%

Women aged 18-44 (40%) commonly report hormonal changes cause fatigue, making them sleep more while menstruating.

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).