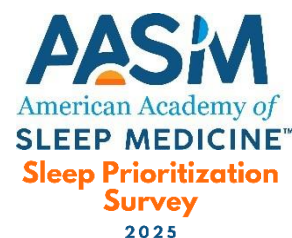


AASM Sleep Prioritization Survey

Factors Impacting 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 much impact does each of the following have on your ability to sleep well on a regular basis?

Results

- Nearly half of adults (45%) report that family responsibilities have a major or moderate impact on their ability to sleep well on a regular basis.
- Over one-third of adults report that job stress (39%), housing costs (36%), and work schedules (35%) have a major or moderate impact on their ability to sleep well on a regular basis.
- Many adults also report that physical health problems (39%), mental health problems (37%), and access to health care (29%) have a major or moderate impact on their ability to sleep well on a regular basis.

Overall Results (includes those reporting a major or moderate impact)

Total	2,007
Family Responsibilities	45%
Job stress	39%
Physical health problems	39%
Mental health problems	37%
Housing costs	36%
Work schedules	35%
Limited access to health care	29%

Almost half of adults (45%) report that family responsibilities have a major or moderate impact on their ability to sleep well on a regular basis.

Results by Gender (includes those reporting a major or moderate impact)

	Male	Female
Total	1,005	999
Family Responsibilities	44%	45%
Job stress	44%	34%
Physical health problems	40%	39%
Mental health problems	37%	37%
Housing costs	36%	37%
Work schedules	40%	29%
Limited access to health care	33%	26%

Nearly half of male adults (44%) report that job stress has major or moderate impact on their ability to sleep well on a regular basis.

Results by Age Group (includes those reporting a major or moderate impact)

	18-24	25-34	35-44	45-54	55-64	65+
Total	233	397	398	347	332	300
Family Responsibilities	48%	51%	56%	47%	37%	27%
Job stress	48%	51%	52%	40%	28%	9%
Physical health problems	39%	47%	46%	42%	35%	24%
Mental health problems	46%	45%	49%	38%	26%	11%
Housing costs	36%	46%	47%	37%	28%	15%
Work schedules	45%	47%	45%	33%	25%	8%
Limited access to health care	35%	40%	41%	29%	17%	11%

More than half (56%) of adults aged 35-44 report that family responsibilities have a major or moderate impact on their ability to sleep well on a regular basis.

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).