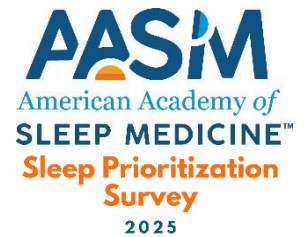


AASM Sleep Prioritization Survey

Factors Affecting School-Aged Children and Teens



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. Respondents included 1,003 people who responded “yes” to “are you the parent or guardian of a child under the age of 18 who lives in your house.”

Question

What, if any, factors negatively affect the sleeping schedules of your school-aged children and teens?

Results

- Over half (51%) of parents report that video games negatively affect the sleeping schedules of their school-aged children and teens
- Nearly half (44%) of parents report that social media negatively affects the sleeping schedules of their school-aged children and teens
- Other factors that parents say negatively affect the sleeping schedules of their school-aged children and teens are:
 - Homework – 30%
 - Hanging out with friends – 22%
 - Clubs, sports and other activities – 20%
 - After school job – 13%

Overall Results

Total	1,003
Video games	51%
Social media	44%
Homework	30%
Hanging out with friends	22%
Clubs, sports and other activities	20%
After school job	13%
Other	4%
None of these	19%

Over half (51%) of parents report that video games negatively affect the sleeping schedules of their school-aged children and teens.

Results by Gender

	Male	Female
Total	501	502
Video games	60%	42%
Social media	51%	36%
Homework	32%	29%
Hanging out with friends	25%	19%
Clubs, sports and other activities	23%	17%
After school job	16%	9%
Other	2%	5%
None of these	13%	24%

Over half (51%) of male parents report that social media negatively affects the sleeping schedules of their school-aged children and teens.

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	114	219	243	181	154	92
Video games	43%	51%	58%	55%	46%	43%
Social media	37%	45%	51%	48%	38%	29%
Homework	24%	33%	29%	38%	27%	28%
Hanging out with friends	19%	24%	26%	19%	22%	18%
Clubs, sports and other activities	17%	18%	21%	27%	18%	17%
After school job	11%	16%	15%	14%	8%	4%
Other	5%	4%	2%	2%	6%	7%
None of these	22%	18%	14%	17%	23%	24%

Over half (58%) of parents aged 35-44 report that video games negatively affect the sleeping schedules of their school-aged children and teens.

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).