AASM Sleep Prioritization Survey

Impacts of Business Travel on 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, if at all, does traveling for business impact your sleep?

Results

- Almost one in four adults (23%) say they sleep slightly or significantly worse when traveling for business
- One in five adults (20%) say they sleep slightly or significantly better when traveling for business

Overall Results

Total	2007
N/A I don't do this	33%
No impact	23%
Sleep slightly worse	14%
Sleep slightly better	12%
Sleep significantly worse	9%
Sleep significantly better	8%

About a quarter (23%) of adults say they sleep slightly or significantly worse when traveling for business.

Results by Gender

	Male	Female
Total	**1005**	**999**
N/A I don't do this	25%	41%
No impact	21%	25%
Sleep slightly worse	16%	13%
Sleep slightly better	17%	8%
Sleep significantly worse	11%	8%
Sleep significantly better	11%	5%

Men (28%) are twice as likely as women (13%) to sleep slightly or significantly better when traveling for business.

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	**233**	**397**	**398**	**347**	**332**	**300**
N/A I don't do this	23%	18%	20%	37%	47%	61%
No impact	27%	22%	26%	19%	22%	23%
Sleep slightly worse	16%	19%	16%	14%	12%	8%
Sleep slightly better	14%	17%	18%	12%	7%	2%
Sleep significantly worse	12%	13%	10%	8%	8%	5%
Sleep significantly better	8%	11%	10%	10%	4%	1%

Adults aged 25-34 are the most likely age group (32%) to sleep slightly or significantly worse when traveling for business.

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).