AASM Sleep Prioritization Survey

Impacts of Leisure 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 leisure impact your sleep?

Results

- One in four adults (25%) say they sleep slightly or significantly worse when traveling for leisure
- About one-third of adults (34%) say they sleep slightly or significantly better when traveling for leisure

Overall Results

Total	**2007**
No Impact	27%
Sleep slightly better	21%
Sleep slightly worse	18%
N/A I don't do this	15%
Sleep significantly better	13%
Sleep significantly worse	7%

A quarter (25%) of adults say they sleep slightly or significantly worse when traveling for leisure.

Results by Gender

	Male	Female
Total	**1005**	**999**
No impact	25%	29%
Sleep slightly better	25%	17%
Sleep slightly worse	18%	17%
N/A I don't do this	11%	20%
Sleep significantly better	16%	9%
Sleep significantly worse	6%	8%

Men (41%) are more likely than women (26%) to sleep slightly or significantly better when traveling for leisure.

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	**233**	**397**	**398**	**347**	**332**	**300**
No impact	24%	24%	27%	23%	27%	37%
Sleep slightly better	20%	24%	24%	20%	20%	15%
Sleep slightly worse	19%	16%	17%	18%	20%	16%
N/A I don't do this	15%	10%	11%	20%	17%	21%
Sleep significantly better	13%	16%	14%	15%	11%	5%
Sleep significantly worse	8%	10%	7%	3%	7%	6%

Adults aged 25-34 are the most likely age group (40%) to sleep slightly or significantly better when traveling for leisure.

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).