

# AASM Sleep Prioritization Survey

## Video Games Past Bedtime



### Survey Methodology

American Academy of Sleep Medicine (AASM) commissioned an online survey of 2,003 adults in the United States. The margin of error is +/- 2 percentage points with a confidence interval of 95 percent. The fieldwork was performed Sept. 17-20, 2019 by Atomik Research, an independent creative market research agency.

### Question

Have you ever lost sleep because you stayed up “past your bedtime” to play video games?

### Results

- 50% of respondents said they have lost sleep because they stayed up “past their bedtime” to play video games.
  - This includes 12% who answered “yes, often,” 19% who answered “yes, sometimes,” and 19% who answered “yes, rarely.”
- Respondents age 18-34 (72%) are more likely than those 35 and older (38%) to stay up to play video games.

### Overall Video Games Past Bedtime Results

	Rank
<b>Total</b>	<b>2,003 (100%)</b>
Yes, often	248 (12%)
Yes, sometimes	385 (19%)
Yes, but rarely	378 (19%)
No	992 (50%)

Half of respondents (50%) have lost sleep by playing video games.

### Video Games Past Bedtime by Gender

	Male	Female
<b>Total</b>	<b>1,002</b>	<b>1,001</b>
Yes, often	164 (16%)	84 (8%)
Yes, sometimes	235 (23%)	150 (15%)
Yes, but rarely	195 (19%)	183 (18%)
No	408 (41%)	584 (58%)

Men (58%) are more likely than women (41%) to lose sleep to play video games.

### Video Games Past Bedtime by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
<b>Total</b>	<b>251</b>	<b>387</b>	<b>440</b>	<b>365</b>	<b>242</b>	<b>318</b>
Yes, often	72 (29%)	72 (19%)	67 (15%)	18 (5%)	14 (6%)	5 (2%)
Yes, sometimes	69 (27%)	108 (28%)	102 (23%)	71 (19%)	21 (9%)	14 (4%)
Yes, but rarely	50 (20%)	85 (22%)	86 (20%)	79 (22%)	40 (17%)	38 (12%)
No	60 (24%)	122 (32%)	185 (42%)	197 (54%)	167 (69%)	261 (82%)

32% of Gen Zers lose sleep “often” due to playing video games.

### Video Games Past Bedtime by Generation

	Gen Z (18-22)	Millennial (23-38)	Gen X (39-54)	Baby Boomer (55-73)	Silent Generation (74+)
<b>Total</b>	<b>179</b>	<b>637</b>	<b>627</b>	<b>487</b>	<b>73</b>
Yes, often	57 (32%)	117 (18%)	55 (9%)	18 (4%)	1 (1%)
Yes, sometimes	44 (25%)	172 (27%)	134 (21%)	32 (7%)	3 (4%)
Yes, but rarely	33 (18%)	140 (22%)	127 (20%)	73 (15%)	5 (7%)
No	45 (25%)	208 (33%)	311 (50%)	364 (75%)	64 (88%)

### Video Games Past Bedtime by Region

	Northeast	South	Midwest	West
<b>Total</b>	<b>357</b>	<b>753</b>	<b>460</b>	<b>433</b>
Yes, often	50 (14%)	94 (12%)	52 (11%)	52 (12%)
Yes, sometimes	63 (18%)	154 (20%)	85 (18%)	83 (19%)
Yes, but rarely	63 (18%)	128 (17%)	101 (22%)	86 (20%)
No	181 (51%)	377 (50%)	222 (48%)	212 (49%)

Those in the Northeast are most likely (14%) to “often” lose sleep due to playing video games.

### About the American Academy of Sleep Medicine

Established in 1975, the American Academy of Sleep Medicine improves sleep health and promotes high quality, patient-centered care through advocacy, education, strategic research, and practice standards. The AASM has a combined membership of 10,000 accredited member sleep centers and individual members, including physicians, scientists and other health care professionals.