

AASM Sleep Prioritization Survey Set 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

Do you have a set “bedtime,” a usual time when you go to bed?

Results

- More than half (55%) of those surveyed said they have a set “bedtime,” a usual time when they go to bed.

Overall Set Bedtime Results

Total	2,003
Yes	1,105 (55%)
No	898 (45%)

More than half of respondents (54%) report having a bedtime.

Set Bedtime by Gender

	Male	Female
Total	1,002	1,001
Yes	535 (53%)	570 (57%)
No	467 (47%)	431 (43%)

Women (57%) are more likely to have a bedtime than men (53%).

Set Bedtime by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	251	387	440	365	242	318
Yes	251 (42%)	215 (56%)	259 (59%)	197 (54%)	131 (54%)	198 (62%)
No	105 (58%)	172 (44%)	181 (41%)	168 (46%)	111 (46%)	120 (38%)

Gen Z is the most unlikely to have a set bedtime (37%).

Set Bedtime by Generation

	Gen Z (18-22)	Millennial (23-38)	Gen X (39-54)	Baby Boomer (55-73)	Silent Generation (74+)
Total	179	637	627	487	73
Yes	67 (37%)	348 (55%)	361 (58%)	286 (59%)	43 (59%)
No	112 (63%)	289 (45%)	266 (42%)	201 (41%)	30 (41%)

Set Bedtime by Region

	Northeast	South	Midwest	West
Total	357	753	460	433
Yes	190 (53%)	404 (54%)	254 (55%)	257 (59%)
No	167 (47%)	349 (46%)	206 (45%)	176 (41%)

Those living in the West are the most likely to have a set bedtime (59%).

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.