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

<table>
<thead>
<tr>
<th></th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>1,105 (55%)</td>
<td>898 (45%)</td>
</tr>
</tbody>
</table>

Set Bedtime by Gender

<table>
<thead>
<tr>
<th></th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>1,002</td>
<td>1,001</td>
</tr>
<tr>
<td>Yes</td>
<td>535 (53%)</td>
<td>570 (57%)</td>
</tr>
<tr>
<td>No</td>
<td>467 (47%)</td>
<td>431 (43%)</td>
</tr>
</tbody>
</table>

Set Bedtime by Age Group

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

Set Bedtime by Generation

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

Set Bedtime by Region

<table>
<thead>
<tr>
<th></th>
<th>Northeast</th>
<th>South</th>
<th>Midwest</th>
<th>West</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>357</td>
<td>753</td>
<td>460</td>
<td>433</td>
</tr>
<tr>
<td>Yes</td>
<td>190 (53%)</td>
<td>404 (54%)</td>
<td>254 (55%)</td>
<td>257 (59%)</td>
</tr>
<tr>
<td>No</td>
<td>167 (47%)</td>
<td>349 (46%)</td>
<td>206 (45%)</td>
<td>176 (41%)</td>
</tr>
</tbody>
</table>

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

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

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

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.