

AASM Sleep Prioritization Survey

Amount of Sleep on School Nights for Children/Teens



Survey Methodology

American Academy of Sleep Medicine (AASM) commissioned an online survey of 2,007 adults in the U.S. The sample consisted of 1,005 parents with children between the ages of five and 18 years old. The margin of error for the sample fell within +/- 2 percentage points with a confidence interval of 95%. The fieldwork took place between July 17-20, 2020. Atomik Research is an independent market research agency.

Question

Do you have a school-aged child or teen who does not get enough sleep on school nights?

Results

- More than half of parents with school-age children (57%) say that they have a child/teen who does not get enough sleep on school nights.

Overall Results

Total	1,005
Yes	574 (57%)
No	413 (41%)
I don't know	18 (2%)

Results by Parent Gender

	Male	Female
Total	598	407
Yes	381 (64%)	193 (47%)
No	212 (35%)	201 (49%)
I don't know	5 (1%)	13 (3%)

More than half of male parents with school-aged children (64%) say that they have a child/teen who does not get enough sleep on school nights, as opposed to (47%) of female parents.

Results by Children Gender

	Only Boys	Only Girls	Both
Total	326	216	463
Yes	187 (57%)	114 (53%)	273 (59%)
No	134 (41%)	94 (44%)	185 (40%)
I don't know	5 (2%)	8 (4%)	5 (1%)

Parents of boys were more likely to say their child/teen do not get enough sleep on school nights (57%) than parents of girls (53%).

Results by Parent Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	88	195	520	159	34	9
Yes	45 (51%)	110 (56%)	313 (60%)	84 (53%)	17 (50%)	5 (56%)
No	39 (44%)	81 (42%)	202 (39%)	70 (44%)	17 (50%)	4 (44%)
I don't know	4 (5%)	4 (2%)	5 (1%)	5 (3%)	0 (0%)	0 (0%)

Results by Children Age Group

	0-4	5-8	9-11	12-14	15-17	18
Total	143	444	409	351	225	50
Yes	71 (50%)	252 (57%)	253 (62%)	219 (62%)	126 (56%)	19 (38%)
No	68 (48%)	186 (42%)	150 (37%)	129 (37%)	95 (42%)	30 (60%)
I don't know	4 (3%)	6 (1%)	6 (1%)	3 (1%)	4 (2%)	1 (2%)

Results by Parent Generation

	Gen Z (18-22)	Millennial (23-38)	Gen X (39-54)	Baby Boomer (55-73)
Total	60	404	498	43
Yes	33 (55%)	232 (57%)	287 (58%)	22 (51%)
No	26 (43%)	164 (41%)	202 (41%)	21 (49%)
I don't know	1 (2%)	8 (2%)	9 (2%)	0 (0%)

62% of parents of children aged 9-14 said their child/teen does not get enough sleep on school nights.

Results by Region

	Northeast	Midwest	South	West
Total	298	205	361	141
Yes	173 (58%)	122 (60%)	200 (55%)	79 (56%)
No	122 (41%)	77 (38%)	154 (43%)	60 (43%)
I don't know	3 (1%)	6 (3%)	7 (2%)	2 (1%)

Parents in the Midwest were the most likely (60%) to report their child/teen does not get enough sleep on school nights.

About the American Academy of Sleep Medicine

Established in 1975, the American Academy of Sleep Medicine (AASM) is advancing sleep care and enhancing sleep health to improve lives. The AASM has a combined membership of 11,000 accredited member sleep centers and individual members, including physicians, scientists and other health care professionals (<https://aasm.org/>).