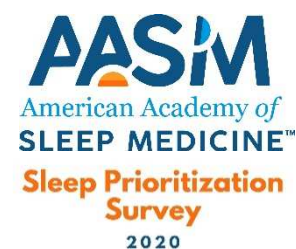


AASM Sleep Prioritization Survey

Sleep's Impact on Student Relationships



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

For your school-aged children and/or teens, how much impact does sleep have on their relationships?

Results

- 87% of parents think sleep has an impact on their school-aged children and/or teen's relationships.
 - This includes those that answered "large impact" (36%), "medium impact" (36%) and "small impact" (15%).

Overall Results

Total	1,005
Large impact	361 (36%)
Medium impact	366 (36%)
Small impact	155 (15%)
No impact	101 (10%)
I don't know	22 (2%)

Results by Parent Gender

	Male	Female
Total	598	407
Large impact	224 (37%)	137 (34%)
Medium impact	225 (38%)	141 (35%)
Small impact	86 (14%)	69 (17%)
No impact	53 (9%)	48 (12%)
I don't know	10 (2%)	12 (3%)

Male parents feel more strongly (37%) than female parents (34%) that sleep has a large impact on their school-aged children and/or teen's relationships.

Results by Children Gender

	Only Boys	Only Girls	Both
Total	326	216	463
Large impact	110 (34%)	78 (36%)	173 (37%)
Medium impact	126 (39%)	82 (38%)	158 (34%)
Small impact	52 (16%)	24 (11%)	79 (17%)
No impact	28 (9%)	28 (13%)	45 (10%)
I don't know	10 (3%)	4 (2%)	8 (2%)

Parents of only girls feel the most strongly (13%) that sleep has **no** impact on their children's relationships, compared to parents of only boys (9%).

Results by Parent Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	88	195	520	159	34	9
Large impact	27 (31%)	78 (40%)	188 (36%)	53 (33%)	11 (32%)	3 (33%)
Medium impact	44 (50%)	75 (38%)	184 (35%)	50 (31%)	10 (29%)	0 (0%)
Small impact	10 (11%)	25 (13%)	85 (16%)	27 (17%)	6 (18%)	4 (44%)
No impact	5 (3%)	10 (5%)	58 (11%)	22 (14%)	6 (18%)	2 (22%)
I don't know	2 (2%)	7 (4%)	5 (1%)	7 (4%)	1 (3%)	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
Large impact	46 (32%)	156 (35%)	157 (38%)	126 (36%)	85 (38%)	20 (40%)
Medium impact	53 (37%)	170 (38%)	132 (32%)	127 (36%)	70 (31%)	17 (34%)
Small impact	22 (15%)	69 (16%)	66 (16%)	54 (15%)	42 (19%)	8 (16%)
No impact	17 (12%)	42 (9%)	44 (11%)	34 (10%)	23 (10%)	5 (10%)
I don't know	5 (3%)	7 (2%)	10 (2%)	10 (3%)	5 (2%)	0 (0%)

Parents of teens ages 18+ feel the most strongly (40%) that sleep has an impact on their relationships, compared to other age groups.

Results by Parent Generation

	Gen Z (18-22)	Millennial (23-38)	Gen X (39-54)	Baby Boomer (55-73)
Total	60	404	498	43
Large impact	19 (32%)	140 (35%)	187 (38%)	15 (35%)
Medium impact	30 (50%)	159 (39%)	164 (33%)	13 (30%)
Small impact	7 (12%)	53 (13%)	87 (17%)	8 (19%)
No impact	3 (5%)	43 (11%)	49 (10%)	6 (14%)
I don't know	1 (2%)	9 (2%)	11 (2%)	1 (2%)

Gen Z parents feel the most strongly (50%) that sleep has a medium impact on their school-aged children and/or teen's relationships, compared to parents of other generations.

Results by Region

	Northeast	Midwest	South	West
Total	298	205	361	141
Large impact	115 (39%)	69 (34%)	123 (34%)	54 (38%)
Medium impact	107 (36%)	84 (41%)	119 (33%)	56 (40%)
Small impact	40 (13%)	28 (14%)	65 (18%)	22 (16%)
No impact	31 (10%)	18 (9%)	45 (12%)	7 (5%)
I don't know	5 (2%)	6 (3%)	9 (2%)	2 (1%)

34% of parents from the Midwest and the South agree that sleep has a large impact on their child or teen's relationships.

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AASM Sleep Prioritization Survey

Sleep's Impact on Student Mood



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

For your school-aged children and/or teens, how much impact does sleep have on their mood?

Results

- 95% of parents think that sleep has an impact on their school-aged children and/or teen's mood.
 - This includes those that answered "large impact" (48%), "medium impact" (33%) and "small impact" (13%).

Overall Results

Total	1,005
Large impact	486 (48%)
Medium impact	331 (33%)
Small impact	133 (13%)
No impact	44 (4%)
I don't know	11 (1%)

Results by Parent Gender

	Male	Female
Total	598	407
Large impact	274 (46%)	212 (52%)
Medium impact	205 (34%)	126 (31%)
Small impact	88 (15%)	45 (11%)
No impact	27 (5%)	17 (4%)
I don't know	4 (1%)	7 (2%)

Female parents feel more strongly (52%) than male parents (46%) that sleep has a large impact on their school-aged children and/or teen's mood.

Results by Children Gender

	Only Boys	Only Girls	Both
Total	326	216	463
Large impact	139 (43%)	112 (52%)	235 (51%)
Medium impact	120 (37%)	60 (28%)	151 (33%)
Small impact	46 (14%)	30 (14%)	57 (12%)
No impact	18 (6%)	10 (5%)	16 (3%)
I don't know	3 (1%)	4 (2%)	4 (1%)

Parents with only boy children feel the less strongly (43%) than parents with only girl children (52%) to think that sleep has a large impact on their school-aged children and/or teen's mood.

Results by Parent Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	88	195	520	159	34	9
Large impact	34 (39%)	105 (54%)	248 (48%)	79 (50%)	16 (47%)	4 (44%)
Medium impact	39 (44%)	69 (35%)	161 (31%)	47 (30%)	11 (32%)	1 (11%)
Small impact	10 (11%)	13 (7%)	81 (16%)	24 (15%)	5 (15%)	4 (44%)
No impact	3 (3%)	3 (2%)	28 (5%)	8 (5%)	1 (3%)	0 (0%)
I don't know	2 (2%)	5 (3%)	2 (0%)	1 (1%)	1 (3%)	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
Large impact	70 (49%)	232 (52%)	204 (50%)	166 (47%)	116 (52%)	29 (58%)
Medium impact	46 (32%)	144 (32%)	120 (29%)	112 (32%)	74 (33%)	17 (34%)
Small impact	19 (13%)	47 (11%)	60 (15%)	53 (15%)	24 (11%)	3 (6%)
No impact	6 (4%)	16 (4%)	21 (5%)	14 (4%)	10 (4%)	1 (2%)
I don't know	2 (1%)	5 (1%)	4 (1%)	6 (2%)	1 (0%)	0 (0%)

Results by Parent Generation

	Gen Z (18-22)	Millennial (23-38)	Gen X (39-54)	Baby Boomer (55-73)
Total	60	404	498	43
Large impact	23 (38%)	201 (50%)	242 (49%)	20 (47%)
Medium impact	26 (43%)	132 (33%)	158 (32%)	15 (35%)
Small impact	7 (12%)	45 (11%)	76 (15%)	5 (12%)
No impact	2 (3%)	21 (5%)	19 (4%)	2 (5%)
I don't know	2 (3%)	5 (1%)	3 (1%)	1 (2%)

Half (50%) of Millennial parents report that sleep has a large impact on their school-aged children and/or teen's mood, as opposed to just 38% of Gen Z parents.

Results by Region

	Northeast	Midwest	South	West
Total	298	205	361	141
Large impact	132 (44%)	97 (47%)	178 (49%)	79 (56%)
Medium impact	110 (37%)	69 (34%)	109 (30%)	43 (30%)
Small impact	36 (12%)	27 (13%)	56 (16%)	14 (10%)
No impact	18 (6%)	9 (4%)	14 (4%)	3 (2%)
I don't know	2 (1%)	3 (1%)	4 (1%)	2 (1%)

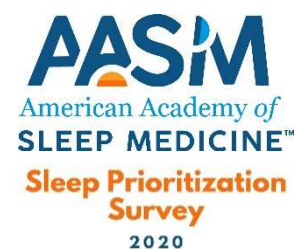
Parents from the West feel the most strongly (56%) that sleep has a large impact on their child/teen's mood, compared to parents from other regions.

About the American Academy of Sleep Medicine

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AASM Sleep Prioritization Survey

Sleep's Impact on Student Mental Health



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

For your school-aged children and/or teens, how much impact does sleep have on their mental health?

Results

- 90% of parents think that sleep has an impact on their school-aged children and/or teen's mental health.
 - This includes those that answered "large impact" (44%), "medium impact" (31%) and "small impact" (15%).

Overall Results

Total	1,005
Large impact	446 (44%)
Medium impact	313 (31%)
Small impact	146 (15%)
No impact	84 (8%)
I don't know	16 (2%)

Results by Parent Gender

	Male	Female
Total	598	407
Large impact	276 (46%)	170 (42%)
Medium impact	193 (32%)	120 (29%)
Small impact	81 (14%)	65 (16%)
No impact	43 (7%)	41 (10%)
I don't know	5 (1%)	11 (3%)

46% of male parents report that sleep has a large impact on their school-aged children and/or teen's mental health, compared to 42% of female parents.

Results by Children Gender

	Only Boys	Only Girls	Both
Total	326	216	463
Large impact	141 (43%)	89 (41%)	216 (47%)
Medium impact	110 (34%)	60 (28%)	143 (31%)
Small impact	50 (15%)	35 (16%)	61 (13%)
No impact	19 (6%)	27 (13%)	38 (8%)
I don't know	6 (2%)	5 (2%)	5 (1%)

Parents of only girls are the most likely (13%) to think that sleep has **no** impact on their children's mental health, compared to parents of only boys (6%).

Results by Parent Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	88	195	520	159	34	9
Large impact	39 (44%)	86 (44%)	232 (45%)	74 (47%)	12 (35%)	3 (33%)
Medium impact	27 (31%)	67 (34%)	161 (31%)	42 (26%)	13 (38%)	2 (22%)
Small impact	12 (14%)	28 (14%)	78 (15%)	24 (15%)	3 (9%)	3 (33%)
No impact	7 (8%)	9 (5%)	47 (9%)	14 (9%)	5 (15%)	1 (11%)
I don't know	3 (3%)	5 (3%)	2 (0%)	5 (3%)	1 (3%)	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
Large impact	61 (43%)	208 (47%)	176 (43%)	158 (45%)	103 (46%)	27 (54%)
Medium impact	39 (27%)	136 (31%)	132 (32%)	103 (29%)	61 (27%)	14 (28%)
Small impact	24 (17%)	64 (14%)	62 (15%)	50 (14%)	36 (16%)	4 (8%)
No impact	15 (10%)	30 (7%)	34 (8%)	33 (9%)	22 (10%)	5 (10%)
I don't know	4 (3%)	6 (1%)	5 (1%)	7 (2%)	3 (1%)	0 (0%)

Results by Parent Generation

	Gen Z (18-22)	Millennial (23-38)	Gen X (39-54)	Baby Boomer (55-73)
Total	60	404	498	43
Large impact	25 (42%)	176 (44%)	230 (46%)	15 (35%)
Medium impact	19 (32%)	128 (32%)	150 (30%)	16 (37%)
Small impact	8 (13%)	59 (15%)	75 (15%)	4 (9%)
No impact	5 (8%)	36 (9%)	36 (7%)	7 (16%)
I don't know	3 (5%)	5 (1%)	7 (1%)	1 (2%)

46% of Gen X parents think that sleep has a large impact on their child or teen's mental health, compared to just 35% of Baby Boomer generation parents.

Results by Region

	Northeast	Midwest	South	West
Total	298	205	361	141
Large impact	142 (48%)	80 (39%)	158 (44%)	66 (47%)
Medium impact	77 (26%)	81 (40%)	106 (29%)	49 (35%)
Small impact	51 (17%)	26 (13%)	54 (15%)	15 (11%)
No impact	25 (8%)	14 (7%)	35 (10%)	10 (7%)
I don't know	3 (1%)	4 (2%)	8 (2%)	1 (1%)

Parents in the Northeast feel the most strongly (48%) that sleep has a large impact on their school-aged children and/or teen's mental health, compared to parents from other regions.

About the American Academy of Sleep Medicine

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AASM Sleep Prioritization Survey

Sleep's Impact on Student Physical Health



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

For your school-aged children and/or teens, how much impact does sleep have on their physical health?

Results

- 92% of parents think that sleep has an impact on their school-aged children and/or teen's physical health.
 - This includes those that answered "large impact" (44%), "medium impact" (33%) and "small impact" (15%).

Overall Results

Total	1,005
Large impact	438 (44%)
Medium impact	327 (33%)
Small impact	154 (15%)
No impact	67 (7%)
I don't know	19 (2%)

Results by Parent Gender

	Male	Female
Total	598	407
Large impact	278 (46%)	160 (39%)
Medium impact	198 (33%)	129 (32%)
Small impact	78 (13%)	76 (19%)
No impact	34 (6%)	33 (8%)
I don't know	10 (2%)	9 (2%)

Male parents feel more strongly (46%) that sleep has a large impact on their children's physical health, compared to (39%) of female parents.

Results by Children Gender

	Only Boys	Only Girls	Both
Total	326	216	463
Large impact	136 (42%)	84 (39%)	218 (47%)
Medium impact	116 (36%)	67 (31%)	144 (31%)
Small impact	46 (14%)	38 (18%)	70 (15%)
No impact	21 (6%)	22 (10%)	24 (5%)
I don't know	7 (2%)	5 (2%)	7 (2%)

Parents of both boys and girls feel the most strongly (47%) that sleep has a large impact on their child's physical health, compared to parents of only girls (39%) and only boys (42%).

Results by Parent Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	88	195	520	159	34	9
Large impact	36 (41%)	88 (45%)	237 (46%)	62 (39%)	13 (38%)	4 (44%)
Medium impact	33 (38%)	67 (34%)	161 (31%)	51 (32%)	11 (32%)	3 (33%)
Small impact	11 (13%)	28 (14%)	80 (15%)	29 (18%)	6 (18%)	2 (22%)
No impact	4 (5%)	7 (4%)	36 (7%)	14 (9%)	3 (9%)	0 (0%)
I don't know	4 (5%)	5 (3%)	6 (1%)	3 (2%)	1 (3%)	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
Large impact	61 (43%)	200 (45%)	179 (44%)	152 (43%)	97 (43%)	25 (50%)
Medium impact	38 (27%)	151 (34%)	133 (33%)	106 (30%)	72 (32%)	18 (36%)
Small impact	31 (22%)	64 (14%)	62 (15%)	59 (17%)	30 (13%)	4 (8%)
No impact	11 (8%)	21 (5%)	26 (6%)	25 (7%)	23 (10%)	3 (6%)
I don't know	2 (1%)	8 (2%)	9 (2%)	9 (3%)	3 (1%)	0 (0%)

Results by Parent Generation

	Gen Z (18-22)	Millennial (23-38)	Gen X (39-54)	Baby Boomer (55-73)
Total	60	404	498	43
Large impact	24 (40%)	173 (43%)	226 (45%)	15 (35%)
Medium impact	21 (35%)	135 (33%)	156 (31%)	15 (35%)
Small impact	9 (15%)	58 (14%)	81 (16%)	6 (14%)
No impact	3 (5%)	29 (7%)	29 (6%)	6 (14%)
I don't know	3 (5%)	9 (2%)	6 (1%)	1 (2%)

The Baby Boomer generation feel the most strongly (14%) that sleep has **no** impact on their children's physical health, compared to other generations.

Results by Region

	Northeast	Midwest	South	West
Total	298	205	361	141
Large impact	133 (45%)	78 (38%)	160 (44%)	67 (48%)
Medium impact	93 (31%)	76 (37%)	107 (30%)	51 (36%)
Small impact	45 (15%)	34 (17%)	60 (17%)	15 (11%)
No impact	22 (7%)	12 (6%)	27 (7%)	6 (4%)
I don't know	5 (2%)	5 (2%)	7 (2%)	2 (1%)

Midwest parents feel the least strongly that sleep has an impact on their school-aged children and/or teen's physical health.

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AASM Sleep Prioritization Survey

Sleep's Impact on Student Performance in Sports/Other Activities



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

For your school-aged children and/or teens, how much impact does sleep have on their performance in sports or other activities?

Results

- 90% of parents think sleep has an impact on their school-aged children and/or teens performance in sports or other activities.
 - This includes those that answered “large impact” (41%), “medium impact” (33%), and “small impact” (16%).

Overall Results

Total	1,005
Large impact	409 (41%)
Medium impact	334 (33%)
Small impact	165 (16%)
No impact	79 (8%)
I don't know	18 (2%)

41% of parents report that sleep has a large impact on their school-aged children and/or teens performance in sports or other activities.

Results by Parent Gender

	Male	Female
Total	598	407
Large impact	264 (44%)	145 (36%)
Medium impact	196 (33%)	138 (34%)
Small impact	98 (16%)	67 (16%)
No impact	35 (6%)	44 (11%)
I don't know	5 (1%)	13 (3%)

44% of male parents report that sleep has a large impact on their school-aged children and/or teens performance in sports or other activities, as compared to 36% of female parents.

Results by Children Gender

	Only Boys	Only Girls	Both
Total	326	216	463
Large impact	120 (37%)	79 (37%)	210 (45%)
Medium impact	115 (35%)	73 (34%)	146 (32%)
Small impact	62 (19%)	35 (16%)	68 (15%)
No impact	23 (7%)	24 (11%)	32 (7%)
I don't know	6 (2%)	5 (2%)	7 (2%)

Nearly half (45%) of parents who have both boy and girl children think sleep has a large impact on their school-aged children and/or teens performance in sports or other activities.

Results by Parent Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	88	195	520	159	34	9
Large impact	35 (40%)	75 (38%)	223 (43%)	61 (38%)	12 (35%)	4 (44%)
Medium impact	31 (35%)	74 (38%)	165 (32%)	48 (30%)	12 (35%)	1 (11%)
Small impact	18 (20%)	27 (14%)	84 (16%)	29 (18%)	6 (18%)	3 (33%)
No impact	2 (2%)	11 (6%)	44 (8%)	19 (12%)	2 (6%)	1 (11%)
I don't know	2 (2%)	8 (4%)	4 (1%)	2 (1%)	2 (6%)	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
Large impact	49 (34%)	185 (42%)	176 (43%)	152 (43%)	90 (40%)	26 (52%)
Medium impact	47 (33%)	152 (34%)	136 (33%)	111 (32%)	67 (30%)	15 (30%)
Small impact	25 (17%)	68 (15%)	59 (14%)	54 (15%)	38 (17%)	6 (12%)
No impact	13 (9%)	29 (7%)	31 (8%)	27 (8%)	27 (12%)	3 (6%)
I don't know	9 (6%)	10 (2%)	7 (2%)	7 (2%)	3 (1%)	0 (0%)

43% of parents with children/teens ages 9-14 report that sleep has a large impact on their performance in sports or other activities.

Results by Parent Generation

	Gen Z (18-22)	Millennial (23-38)	Gen X (39-54)	Baby Boomer (55-73)
Total	60	404	498	43
Large impact	23 (38%)	153 (38%)	218 (44%)	15 (35%)
Medium impact	18 (30%)	149 (37%)	151 (30%)	16 (37%)
Small impact	16 (27%)	55 (14%)	87 (17%)	7 (16%)
No impact	2 (3%)	34 (8%)	40 (8%)	3 (7%)
I don't know	1 (2%)	13 (3%)	2 (0%)	2 (5%)

Gen X parents feel the most strongly (44%) that sleep has a large impact on their child/teen's performance in sports or other activities, compared to parents of other generations.

Results by Region

	Northeast	Midwest	South	West
Total	298	205	361	141
Large impact	118 (40%)	77 (38%)	151 (42%)	63 (45%)
Medium impact	99 (33%)	72 (35%)	110 (30%)	53 (38%)
Small impact	57 (19%)	37 (18%)	53 (15%)	18 (13%)
No impact	21 (7%)	15 (7%)	38 (11%)	5 (4%)
I don't know	3 (1%)	4 (2%)	9 (2%)	2 (1%)

Parents in the West feel the most strongly (45%) that sleep has a large impact on their school-aged children and/or teens performance in sports or other activities, as compared to parents in other regions.

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AASM Sleep Prioritization Survey

Sleep's Impact on Student Performance in School



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

For your school-aged children and/or teens, how much impact does sleep have on their performance in school?

Results

- 93% of parents think that sleep has an impact on their school-aged children and/or teen's performance in school.
 - This includes those that answered "large impact" (47%), "medium impact" (32%) and "small impact" (14%).

Overall Results

Total	1,005
Large impact	475 (47%)
Medium impact	320 (32%)
Small impact	142 (14%)
No impact	60 (6%)
I don't know	8 (1%)

Results by Parent Gender

	Male	Female
Total	598	407
Large impact	288 (48%)	187 (46%)
Medium impact	206 (34%)	114 (28%)
Small impact	70 (12%)	72 (18%)
No impact	29 (5%)	31 (8%)
I don't know	5 (1%)	3 (1%)

Nearly half of both male parents (48%) and female parents (46%) think that sleep has a large impact on their school-aged children and/or teen's performance in school.

Results by Children Gender

	Only Boys	Only Girls	Both
Total	326	216	463
Large impact	155 (48%)	90 (42%)	230 (50%)
Medium impact	104 (32%)	67 (31%)	149 (32%)
Small impact	46 (14%)	40 (19%)	56 (12%)
No impact	20 (6%)	17 (8%)	23 (5%)
I don't know	1 (0%)	2 (1%)	5 (1%)

Parents of only girls feel the least strongly (42%) that sleep has an impact on their child's performance in school, compared to parents of only boys (48%) and parents of both boys and girls (50%).

Results by Parent Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	88	195	520	159	34	9
Large impact	39 (44%)	101 (52%)	241 (46%)	75 (47%)	15 (44%)	5 (56%)
Medium impact	28 (32%)	66 (34%)	170 (33%)	43 (27%)	8 (24%)	0 (0%)
Small impact	13 (15%)	18 (9%)	73 (14%)	29 (18%)	9 (26%)	4 (44%)
No impact	7 (8%)	7 (4%)	34 (7%)	11 (7%)	1 (3%)	0 (0%)
I don't know	1 (1%)	3 (2%)	2 (0%)	1 (1%)	1 (3%)	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
Large impact	65 (45%)	208 (47%)	193 (47%)	170 (48%)	107 (48%)	25 (50%)
Medium impact	36 (25%)	153 (34%)	135 (33%)	103 (29%)	64 (28%)	17 (34%)
Small impact	28 (20%)	57 (13%)	58 (14%)	50 (14%)	32 (14%)	4 (8%)
No impact	12 (8%)	23 (5%)	20 (5%)	23 (7%)	20 (9%)	4 (8%)
I don't know	2 (1%)	3 (1%)	3 (1%)	5 (1%)	2 (1%)	0 (0%)

Results by Parent Generation

	Gen Z (18-22)	Millennial (23-38)	Gen X (39-54)	Baby Boomer (55-73)
Total	60	404	498	43
Large impact	25 (42%)	193 (48%)	238 (48%)	19 (44%)
Medium impact	21 (35%)	126 (31%)	160 (32%)	13 (30%)
Small impact	8 (13%)	56 (14%)	69 (14%)	9 (21%)
No impact	5 (8%)	26 (6%)	28 (6%)	1 (2%)
I don't know	1 (2%)	3 (1%)	3 (1%)	1 (2%)

Nearly half (48%) of Gen X and Millennial parents report that sleep has a large impact on their child or teen's performance in school.

Results by Region

	Northeast	Midwest	South	West
Total	298	205	361	141
Large impact	147 (49%)	84 (41%)	170 (47%)	74 (52%)
Medium impact	90 (30%)	84 (41%)	104 (29%)	42 (30%)
Small impact	32 (11%)	26 (13%)	67 (19%)	17 (12%)
No impact	25 (8%)	11 (5%)	18 (5%)	6 (4%)
I don't know	4 (1%)	0 (0%)	2 (1%)	2 (1%)

Parents from the West feel the most strongly (52%) that sleep has an impact on their child's performance in school, compared to parents from other regions.

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/>).