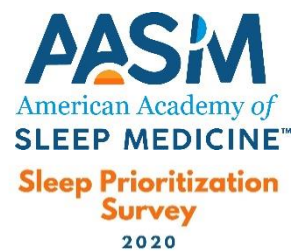


AASM Sleep Prioritization Survey

Homework Impact on Student Sleep



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

To what extent does homework affect the ability of your school-aged children and/or teens to get enough sleep on school nights?

Results

- Nearly 4 out of 10 parents (39%) say homework has a large impact on their kid’s ability to get a full night’s rest during the week.
- 90% of parents report that homework affects the ability of their children/teens to get enough sleep on school nights.
 - This includes 39% who answered “large impact,” 32% who answered “medium impact” and 19% who answered “small impact.”
- A higher number of respondents reported early school start times (90%) and homework (90%) have the most impact on their children’s weeknight sleep than other activities, when faced with the same question.
 - Chores/Job (83%)
 - Clubs (78%)
 - Hobbies (86%)
 - Music/Band (78%)
 - Social Media/Electronics (86%)
 - Sports (85%)
 - Time with Friends (87%)

Overall Results

| Total | 1,005 (100%) |
|---------------|---------------------|
| Large impact | 388 (39%) |
| Medium impact | 322 (32%) |
| Small impact | 195 (19%) |
| No impact | 90 (9%) |
| I don’t know | 10 (1%) |

Nearly 4 out of 10 parents (39%) say homework has a large impact on their child or teens ability to get a full night’s rest during the week.

Results by Parent Gender

| | Male | Female |
|---------------|-------------------|-------------------|
| Total | 598 (100%) | 407 (100%) |
| Large impact | 258 (43%) | 130 (32%) |
| Medium impact | 203 (34%) | 119 (29%) |
| Small impact | 92 (15%) | 103 (25%) |
| No impact | 41 (7%) | 49 (12%) |
| I don’t know | 4 (1%) | 6 (1%) |

Nearly half of surveyed fathers (43%) say homework largely impacts their child’s ability to get enough sleep during the week.

Results by Children Gender

| | Only Boys | Only Girls | Both |
|---------------|------------|------------|------------|
| Total | 326 | 216 | 463 |
| Large impact | 127 (39%) | 79 (37%) | 182 (39%) |
| Medium impact | 112 (34%) | 58 (27%) | 152 (33%) |
| Small impact | 62 (19%) | 47 (22%) | 86 (19%) |
| No impact | 23 (7%) | 28 (13%) | 39 (8%) |
| I don't know | 2 (1%) | 4 (2%) | 4 (1%) |

Parents of both boys (39%) and girls (37%) are nearly equal when it comes to homework having a large impact on their ability to get enough sleep during the week.

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 | 32 (36%) | 74 (38%) | 217 (42%) | 54 (34%) | 11 (32%) | 0 (0%) |
| Medium impact | 31 (35%) | 65 (33%) | 165 (32%) | 50 (31%) | 7 (21%) | 4 (44%) |
| Small impact | 19 (22%) | 40 (21%) | 86 (17%) | 38 (24%) | 8 (24%) | 4 (44%) |
| No impact | 4 (5%) | 12 (6%) | 50 (10%) | 16 (10%) | 7 (21%) | 1 (11%) |
| I don't know | 2 (2%) | 4 (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 | 44 (31%) | 164 (37%) | 176 (43%) | 126 (36%) | 91 (40%) | 19 (38%) |
| Medium impact | 37 (26%) | 150 (34%) | 123 (30%) | 120 (34%) | 73 (32%) | 17 (34%) |
| Small impact | 43 (30%) | 87 (20%) | 74 (18%) | 70 (20%) | 36 (16%) | 9 (18%) |
| No impact | 17 (12%) | 39 (9%) | 31 (8%) | 31 (9%) | 24 (11%) | 5 (10%) |
| I don't know | 2 (1%) | 4 (1%) | 5 (1%) | 4 (1%) | 1 (0%) | 0 (0%) |

Kids in the 9-11 (43%) and the 15-17 (40%) age ranges are most likely to have their weeknight sleep largely impacted by homework.

Results by Parent Generation

| | Gen Z (18-22) | Millennial (23-38) | Gen X (39-54) | Baby Boomer (55-73) | Silent Generation (74+) |
|---------------|---------------|--------------------|---------------|---------------------|-------------------------|
| Total | 60 | 404 | 498 | 43 | 0 |
| Large impact | 19 (32%) | 143 (35%) | 215 (43%) | 11 (26%) | 0 (0%) |
| Medium impact | 23 (38%) | 137 (34%) | 151 (30%) | 11 (26%) | 0 (0%) |
| Small impact | 12 (20%) | 79 (20%) | 92 (18%) | 12 (28%) | 0 (0%) |
| No impact | 4 (7%) | 39 (10%) | 39 (8%) | 8 (19%) | 0 (0%) |
| I don't know | 2 (3%) | 6 (1%) | 1 (0%) | 1 (2%) | 0 (0%) |

Results by Region

| | Northeast | Midwest | South | West |
|---------------|------------|------------|------------|------------|
| Total | 298 | 205 | 361 | 141 |
| Large impact | 113 (38%) | 72 (35%) | 147 (41%) | 56 (40%) |
| Medium impact | 88 (30%) | 72 (35%) | 101 (28%) | 61 (43%) |
| Small impact | 62 (21%) | 47 (23%) | 72 (20%) | 14 (10%) |
| No impact | 30 (10%) | 14 (7%) | 37 (10%) | 9 (6%) |
| I don't know | 5 (2%) | 0 (0%) | 4 (1%) | 1 (1%) |

Children and teens in the Midwest are least likely (35%) to have their ability to get enough sleep during the week largely impacted by homework.

About the American Academy of Sleep Medicine

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AASM Sleep Prioritization Survey

Early School Start Times Impact on Student Sleep



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

To what extent does early school start times affect the ability of your school-aged children and/or teens to get enough sleep on school nights?

Results

- 4 out of 10 people (40%) say early school start times affect the ability of their child/teen to get enough sleep during the school week.
- 90% of parents report that early school start times affect the ability of their children/teens to get enough sleep on school nights.
 - This includes 40% who answered “large impact,” 33% who answered “medium impact” and 17% who answered “small impact.”
- A higher number of respondents reported early school start times (90%) and homework (90%) have the most impact on their children’s weeknight sleep than other activities, when faced with the same question.
 - Chores/Job (83%)
 - Clubs (78%)
 - Hobbies (86%)
 - Music/Band (78%)
 - Social Media/Electronics (86%)
 - Sports (85%)
 - Time with Friends (87%)

Overall Results

| Total | 1,005 (100%) |
|---------------|---------------------|
| Large impact | 398 (40%) |
| Medium impact | 336 (33%) |
| Small impact | 167 (17%) |
| No impact | 87 (9%) |
| I don't know | 17 (2%) |

40% of parents said early school start times have a large impact on their kids getting enough sleep on school nights.

Results by Parent Gender

| | Male | Female |
|---------------|-------------------|-------------------|
| Total | 598 (100%) | 407 (100%) |
| Large impact | 254 (42%) | 144 (35%) |
| Medium impact | 212 (35%) | 124 (30%) |
| Small impact | 91 (15%) | 76 (19%) |
| No impact | 35 (6%) | 52 (13%) |
| I don't know | 6 (1%) | 11 (3%) |

Fathers (42%) are more likely than mothers (35%) to say early school start times heavily impact their kids getting enough sleep during the week.

Results by Children Gender

| | Only Boys | Only Girls | Both |
|---------------|------------|------------|------------|
| Total | 326 | 216 | 463 |
| Large impact | 134 (41%) | 75 (35%) | 189 (41%) |
| Medium impact | 110 (34%) | 72 (33%) | 154 (33%) |
| Small impact | 55 (17%) | 41 (19%) | 71 (15%) |
| No impact | 23 (7%) | 22 (10%) | 42 (9%) |
| I don't know | 4 (1%) | 6 (3%) | 7 (2%) |

Compared to parents of girls (35%), parents of boys say they are more likely (41%) to have their weeknight sleep impacted by early school start times.

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%) | 84 (43%) | 212 (41%) | 56 (35%) | 11 (32%) | 1 (11%) |
| Medium impact | 31 (35%) | 62 (32%) | 180 (35%) | 52 (33%) | 8 (24%) | 3 (33%) |
| Small impact | 17 (19%) | 29 (15%) | 79 (15%) | 29 (18%) | 10 (29%) | 3 (33%) |
| No impact | 5 (6%) | 14 (7%) | 45 (9%) | 19 (12%) | 3 (9%) | 1 (11%) |
| I don't know | 1 (1%) | 6 (3%) | 4 (1%) | 3 (2%) | 2 (6%) | 1 (11%) |

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 | 51 (36%) | 171 (39%) | 176 (43%) | 137 (39%) | 101 (45%) | 21 (42%) |
| Medium impact | 42 (29%) | 149 (34%) | 135 (33%) | 117 (33%) | 59 (26%) | 18 (36%) |
| Small impact | 30 (21%) | 75 (17%) | 65 (16%) | 58 (17%) | 33 (15%) | 7 (14%) |
| No impact | 18 (13%) | 42 (9%) | 25 (6%) | 33 (9%) | 29 (13%) | 3 (6%) |
| I don't know | 2 (1%) | 7 (2%) | 8 (2%) | 6 (2%) | 3 (1%) | 1 (2%) |

15-17-year olds are most likely (45%) to have their sleep heavily impacted by early school start times.

Results by Parent Generation

| | Gen Z (18-22) | Millennial (23-38) | Gen X (39-54) | Baby Boomer (55-73) | Silent Generation (74+) |
|---------------|---------------|--------------------|---------------|---------------------|-------------------------|
| Total | 60 | 404 | 498 | 43 | 0 |
| Large impact | 22 (37%) | 154 (38%) | 210 (42%) | 12 (28%) | 0 (0%) |
| Medium impact | 20 (33%) | 142 (35%) | 163 (33%) | 11 (26%) | 0 (0%) |
| Small impact | 13 (22%) | 59 (15%) | 82 (16%) | 13 (30%) | 0 (0%) |
| No impact | 4 (7%) | 42 (10%) | 37 (7%) | 4 (9%) | 0 (0%) |
| I don't know | 1 (2%) | 7 (2%) | 6 (1%) | 3 (7%) | 0 (0%) |

Baby Boomer parents are least likely (28%) to say early school start times heavily impacts weeknight sleep for their kids.

Results by Region

| | Northeast | Midwest | South | West |
|---------------|------------|------------|------------|------------|
| Total | 298 | 205 | 361 | 141 |
| Large impact | 111 (37%) | 68 (33%) | 158 (44%) | 61 (43%) |
| Medium impact | 105 (35%) | 74 (36%) | 106 (29%) | 51 (36%) |
| Small impact | 49 (16%) | 39 (19%) | 60 (17%) | 19 (13%) |
| No impact | 28 (9%) | 20 (10%) | 31 (9%) | 8 (6%) |
| I don't know | 5 (2%) | 4 (2%) | 6 (2%) | 2 (1%) |

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AASM Sleep Prioritization Survey

Chores/Job Impact on Student Sleep



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

To what extent do chores/job affect the ability of your school-aged children and/or teens to get enough sleep on school nights?

Results

- 83% of parents report that chores/job affect the ability of their child/teens to get enough sleep on school nights.
 - This includes 27% who answered “large impact,” 35% who answered “medium impact” and 21% who answered “small impact.”
- Over a quarter of parents (27%) believe their child/teens’ chores/job have a large impact on their ability to get enough sleep on school nights.

Overall Results

| | |
|---------------|---------------------|
| Total | 1,005 (100%) |
| Large impact | 267 (27%) |
| Medium impact | 355 (35%) |
| Small impact | 212 (21%) |
| No impact | 154 (15%) |
| I don't know | 17 (2%) |

More than 1 out of 5 parents (27%) say their child's chores/job have a large impact on their ability to get enough sleep on school nights.

Results by Parent Gender

| | Male | Female |
|---------------|-------------------|-------------------|
| Total | 598 (100%) | 407 (100%) |
| Large impact | 191 (32%) | 76 (19%) |
| Medium impact | 227 (38%) | 128 (31%) |
| Small impact | 118 (20%) | 94 (23%) |
| No impact | 56 (9%) | 98 (24%) |
| I don't know | 6 (1%) | 11 (3%) |

Fathers are nearly twice as likely (32%) to report their child's chores/job as having a large impact on their nightly sleep during the school week compared to mothers (19%).

Results by Children Gender

| | Only Boys | Only Girls | Both |
|---------------|------------|------------|------------|
| Total | 326 | 216 | 463 |
| Large impact | 89 (27%) | 47 (22%) | 131 (28%) |
| Medium impact | 131 (40%) | 69 (32%) | 155 (33%) |
| Small impact | 62 (19%) | 52 (24%) | 98 (21%) |
| No impact | 42 (13%) | 42 (19%) | 70 (15%) |
| I don't know | 2 (1%) | 6 (3%) | 9 (2%) |

Parents of boys think that chores/job have a larger impact on (27%) nightly sleep during the school week than parents of girls (22%).

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 | 29 (33%) | 52 (27%) | 148 (28%) | 32 (20%) | 4 (12%) | 2 (22%) |
| Medium impact | 35 (40%) | 67 (34%) | 192 (37%) | 49 (31%) | 11 (32%) | 1 (11%) |

| | | | | | | |
|--------------|----------|----------|----------|----------|---------|---------|
| Small impact | 18 (20%) | 46 (24%) | 95 (18%) | 41 (26%) | 9 (26%) | 3 (33%) |
| No impact | 3 (3%) | 24 (12%) | 80 (15%) | 35 (22%) | 9 (26%) | 3 (33%) |
| I don't know | 3 (3%) | 6 (3%) | 5 (1%) | 2 (1%) | 1 (3%) | 0 (0%) |

Young parents aged 18-24 are more likely (33%) to report their child's chores/job as impacting their sleep during the school week than those in the 45-54 age range (20%).

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 | 28 (20%) | 112 (25%) | 126 (31%) | 94 (27%) | 66 (29%) | 16 (32%) |
| Medium impact | 47 (33%) | 164 (37%) | 145 (35%) | 120 (34%) | 62 (28%) | 16 (32%) |
| Small impact | 32 (22%) | 96 (22%) | 77 (19%) | 77 (22%) | 47 (21%) | 10 (20%) |
| No impact | 33 (23%) | 65 (15%) | 53 (13%) | 54 (15%) | 47 (21%) | 7 (14%) |
| I don't know | 3 (2%) | 7 (2%) | 8 (2%) | 6 (2%) | 3 (1%) | 1 (2%) |

According to parents, kids in the 9-11 age group are nearly just as likely (31%) as 18-year old's (32%) to have their chores/job impact their ability to get a good night's rest during the week.

Results by Parent Generation

| | Gen Z (18-22) | Millennial (23-38) | Gen X (39-54) | Baby Boomer (55-73) | Silent Generation (74+) |
|---------------|---------------|--------------------|---------------|---------------------|-------------------------|
| Total | 60 | 404 | 498 | 43 | 0 |
| Large impact | 20 (33%) | 104 (26%) | 137 (28%) | 6 (14%) | 0 (0%) |
| Medium impact | 23 (38%) | 143 (35%) | 177 (36%) | 12 (28%) | 0 (0%) |
| Small impact | 13 (22%) | 83 (21%) | 104 (21%) | 12 (28%) | 0 (0%) |
| No impact | 3 (5%) | 63 (16%) | 76 (15%) | 12 (28%) | 0 (0%) |
| I don't know | 1 (2%) | 11 (3%) | 4 (1%) | 1 (2%) | 0 (0%) |

Children of Baby Boomers are the most likely (28%) to not have their sleep impacted by their chores/job.

Results by Region

| | Northeast | Midwest | South | West |
|---------------|------------|------------|------------|------------|
| Total | 298 | 205 | 361 | 141 |
| Large impact | 73 (24%) | 53 (26%) | 108 (30%) | 33 (23%) |
| Medium impact | 121 (41%) | 67 (33%) | 100 (28%) | 67 (48%) |
| Small impact | 53 (18%) | 51 (25%) | 82 (23%) | 26 (18%) |
| No impact | 44 (15%) | 30 (15%) | 66 (18%) | 14 (10%) |
| I don't know | 7 (2%) | 4 (2%) | 5 (1%) | 1 (1%) |

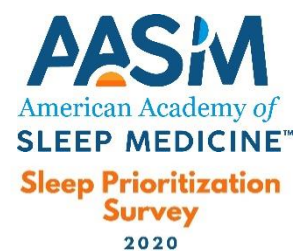
Children and teens in the South are most likely (30%) to have their weeknight sleep largely impacted by their chores/job.

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AASM Sleep Prioritization Survey

Clubs Impact on Student Sleep



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

To what extent does the time required for extracurricular clubs affect the ability of your school-aged children and/or teens to get enough sleep on school nights?

Results

- 78% of parents report that extracurricular clubs affect the ability of their child/teens to get enough sleep on school nights.
 - This includes 25% who answered “large impact,” 32% who answered “medium impact” and 21% who answered “small impact.”
- 1 out of 4 parents (25%) said extracurricular clubs have a large impact on their kids getting enough sleep on school nights.

Overall Results

| | |
|---------------|---------------------|
| Total | 1,005 (100%) |
| Large impact | 253 (25%) |
| Medium impact | 318 (32%) |
| Small impact | 214 (21%) |
| No impact | 188 (19%) |
| I don't know | 32 (3%) |

A quarter of responding parents (25%) said extracurricular clubs have a large impact on their kids getting enough sleep on school nights.

Results by Parent Gender

| | Male | Female |
|---------------|-------------------|-------------------|
| Total | 598 (100%) | 407 (100%) |
| Large impact | 180 (30%) | 73 (18%) |
| Medium impact | 218 (36%) | 100 (25%) |
| Small impact | 118 (20%) | 96 (24%) |
| No impact | 72 (12%) | 116 (29%) |
| I don't know | 10 (2%) | 22 (5%) |

30% of fathers say clubs have a large impact on their kid's weeknight sleep, whereas nearly the same amount of mothers (29%) say clubs have no impact on weeknight sleep.

Results by Children Gender

| | Only Boys | Only Girls | Both |
|---------------|------------|------------|------------|
| Total | 326 | 216 | 463 |
| Large impact | 84 (26%) | 37 (17%) | 132 (29%) |
| Medium impact | 118 (36%) | 69 (32%) | 131 (28%) |
| Small impact | 68 (21%) | 55 (25%) | 91 (20%) |
| No impact | 45 (14%) | 49 (23%) | 94 (20%) |
| I don't know | 11 (3%) | 6 (3%) | 15 (3%) |

Parents of boys are more likely (26%) than parents of girls (17%) to report not get enough sleep on school nights due to club involvement.

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 | 25 (28%) | 48 (25%) | 138 (27%) | 38 (24%) | 3 (9%) | 1 (11%) |
| Medium impact | 47 (53%) | 56 (29%) | 171 (33%) | 36 (23%) | 7 (21%) | 1 (11%) |

| | | | | | | |
|--------------|----------|----------|-----------|----------|----------|---------|
| Small impact | 11 (13%) | 47 (24%) | 107 (21%) | 41 (26%) | 7 (21%) | 1 (11%) |
| No impact | 3 (3%) | 31 (16%) | 94 (18%) | 38 (24%) | 16 (47%) | 6 (67%) |
| I don't know | 2 (2%) | 13 (7%) | 10 (2%) | 6 (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 | 32 (22%) | 114 (26%) | 116 (28%) | 91 (26%) | 54 (24%) | 13 (26%) |
| Medium impact | 30 (21%) | 140 (32%) | 133 (33%) | 102 (29%) | 71 (32%) | 15 (30%) |
| Small impact | 33 (23%) | 91 (20%) | 80 (20%) | 79 (23%) | 44 (20%) | 13 (26%) |
| No impact | 38 (27%) | 79 (18%) | 71 (17%) | 73 (21%) | 51 (23%) | 8 (16%) |
| I don't know | 10 (7%) | 20 (5%) | 9 (2%) | 6 (2%) | 5 (2%) | 1 (2%) |

Children in the 9-11 age group are most likely (28%) to have their weeknight sleep impacted by club involvement.

Results by Parent Generation

| | Gen Z (18-22) | Millennial (23-38) | Gen X (39-54) | Baby Boomer (55-73) | Silent Generation (74+) |
|---------------|---------------|--------------------|---------------|---------------------|-------------------------|
| Total | 60 | 404 | 498 | 43 | 0 |
| Large impact | 19 (32%) | 92 (23%) | 138 (28%) | 4 (9%) | 0 (0%) |
| Medium impact | 29 (48%) | 136 (44%) | 145 (29%) | 8 (19%) | 0 (0%) |
| Small impact | 8 (13%) | 80 (20%) | 118 (24%) | 8 (19%) | 0 (0%) |
| No impact | 3 (5%) | 76 (19%) | 87 (17%) | 22 (51%) | 0 (0%) |
| I don't know | 1 (2%) | 20 (5%) | 10 (2%) | 1 (2%) | 0 (0%) |

Children/teens with Gen Z parents are most likely (32%) to have their sleep impacted by clubs.

Results by Region

| | Northeast | Midwest | South | West |
|---------------|------------|------------|------------|------------|
| Total | 298 | 205 | 361 | 141 |
| Large impact | 78 (26%) | 47 (23%) | 93 (26%) | 35 (25%) |
| Medium impact | 93 (31%) | 71 (35%) | 100 (28%) | 54 (38%) |
| Small impact | 64 (21%) | 39 (19%) | 79 (22%) | 32 (23%) |
| No impact | 52 (17%) | 38 (19%) | 82 (23%) | 16 (11%) |
| I don't know | 11 (4%) | 10 (5%) | 7 (2%) | 4 (3%) |

Kids in the Northeast and the South are most likely (26%) to not get enough sleep during the week due to club involvement.

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AASM Sleep Prioritization Survey

Hobbies Impact on Student Sleep



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

To what extent do hobbies affect the ability of your school-aged children and/or teens to get enough sleep on school nights?

Results

- 86% of parents report that hobbies affect the ability of their child/teens to get enough sleep on school nights.
 - This includes 32% who answered “large impact,” 32% who answered “medium impact” and 22% who answered “small impact.”

Overall Results

| Total | 1,005 (100%) |
|---------------|---------------------|
| Large impact | 319 (32%) |
| Medium impact | 324 (32%) |
| Small impact | 224 (22%) |
| No impact | 123 (12%) |
| I don't know | 15 (1%) |

More than 30% of parents say their kid's hobbies have a large impact on their ability to get enough sleep on school nights.

Results by Parent Gender

| | Male | Female |
|---------------|-------------------|-------------------|
| Total | 598 (100%) | 407 (100%) |
| Large impact | 236 (39%) | 83 (20%) |
| Medium impact | 207 (35%) | 117 (29%) |
| Small impact | 102 (17%) | 122 (30%) |
| No impact | 49 (8%) | 74 (18%) |
| I don't know | 4 (1%) | 11 (3%) |

Fathers are nearly twice as likely (39%) as mothers (20%) to say that their children's hobbies have a large impact on the ability to get enough sleep during the week.

Results by Children Gender

| | Only Boys | Only Girls | Both |
|---------------|------------|------------|------------|
| Total | 326 | 216 | 463 |
| Large impact | 109 (33%) | 48 (22%) | 162 (35%) |
| Medium impact | 109 (33%) | 76 (35%) | 139 (30%) |
| Small impact | 77 (24%) | 50 (23%) | 97 (21%) |
| No impact | 25 (8%) | 38 (18%) | 60 (13%) |
| I don't know | 6 (2%) | 4 (2%) | 5 (1%) |

Parents of boys are more likely (33%) than parents of girls (22%) to report weeknight sleep is impacted by hobbies.

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 | 29 (33%) | 67 (34%) | 181 (35%) | 35 (22%) | 5 (15%) | 2 (22%) |
| Medium impact | 33 (38%) | 63 (32%) | 175 (34%) | 47 (30%) | 5 (15%) | 1 (11%) |
| Small impact | 16 (18%) | 47 (24%) | 96 (18%) | 49 (31%) | 14 (41%) | 2 (22%) |
| No impact | 8 (9%) | 12 (6%) | 64 (12%) | 26 (16%) | 9 (26%) | 4 (44%) |

| | | | | | | |
|--------------|--------|--------|--------|--------|--------|--------|
| I don't know | 2 (2%) | 6 (3%) | 4 (1%) | 2 (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 | 38 (27%) | 154 (35%) | 142 (35%) | 107 (30%) | 61 (27%) | 11 (22%) |
| Medium impact | 36 (25%) | 135 (30%) | 134 (33%) | 110 (31%) | 67 (30%) | 19 (38%) |
| Small impact | 45 (31%) | 101 (23%) | 80 (20%) | 85 (24%) | 51 (23%) | 13 (26%) |
| No impact | 21 (15%) | 46 (10%) | 47 (11%) | 43 (12%) | 43 (19%) | 7 (14%) |
| I don't know | 3 (2%) | 8 (2%) | 6 (1%) | 6 (2%) | 3 (1%) | 0 (0%) |

Kids aged 5-11 are most likely (35%) to have their weeknight sleep impacted by their hobbies.

Results by Parent Generation

| | Gen Z (18-22) | Millennial (23-38) | Gen X (39-54) | Baby Boomer (55-73) | Silent Generation (74+) |
|---------------|---------------|--------------------|---------------|---------------------|-------------------------|
| Total | 60 | 404 | 498 | 43 | 0 |
| Large impact | 20 (33%) | 126 (31%) | 166 (33%) | 7 (16%) | 0 (0%) |
| Medium impact | 21 (35%) | 130 (32%) | 167 (34%) | 6 (14%) | 0 (0%) |
| Small impact | 13 (22%) | 92 (23%) | 103 (21%) | 16 (37%) | 0 (0%) |
| No impact | 4 (7%) | 48 (12%) | 58 (12%) | 13 (30%) | 0 (0%) |
| I don't know | 2 (3%) | 8 (2%) | 4 (1%) | 1 (2%) | 0 (0%) |

Baby Boomer parents are the least likely (16%) to say their kids' hobbies impact their weeknight sleep abilities.

Results by Region

| | Northeast | Midwest | South | West |
|---------------|------------|------------|------------|------------|
| Total | 298 | 205 | 361 | 141 |
| Large impact | 104 (35%) | 55 (27%) | 105 (29%) | 55 (39%) |
| Medium impact | 95 (32%) | 65 (32%) | 120 (33%) | 44 (31%) |
| Small impact | 57 (19%) | 56 (27%) | 79 (22%) | 32 (23%) |
| No impact | 35 (12%) | 27 (13%) | 52 (14%) | 9 (6%) |
| I don't know | 7 (2%) | 2 (1%) | 5 (1%) | 1 (1%) |

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/>).

AASM Sleep Prioritization Survey

Band/Music Impact on Student Sleep



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

To what extent does band/music involvement affect the ability of your school-aged children and/or teens to get enough sleep on school nights?

Results

- 78% of parents report that band/music involvement affects the ability of their children/teens to get enough sleep on school nights.
 - This includes 26% who answered “large impact,” 31% who answered “medium impact” and 21% who answered “small impact.”
- Kids in the 9-11 age range are most likely (30%) to not get enough sleep during the week due to band/music group involvement.

Overall Results

| | |
|---------------|---------------------|
| Total | 1,005 (100%) |
| Large impact | 264 (26%) |
| Medium impact | 312 (31%) |
| Small impact | 210 (21%) |
| No impact | 186 (19%) |
| I don't know | 33 (3%) |

1 out of 4 parents (26%) say that band/music involvement largely impacts their child or teen's ability to get enough sleep during the week.

Results by Parent Gender

| | Male | Female |
|---------------|-------------------|-------------------|
| Total | 598 (100%) | 407 (100%) |
| Large impact | 192 (32%) | 72 (18%) |
| Medium impact | 217 (36%) | 95 (23%) |
| Small impact | 114 (19%) | 96 (24%) |
| No impact | 67 (11%) | 119 (29%) |
| I don't know | 8 (1%) | 25 (6%) |

Fathers (32%) are nearly twice as likely as mothers (18%) to say band/music involvement impacts their child's ability to get enough weeknight sleep.

Results by Children Gender

| | Only Boys | Only Girls | Both |
|---------------|------------|------------|------------|
| Total | 326 | 216 | 463 |
| Large impact | 99 (30%) | 42 (19%) | 123 (27%) |
| Medium impact | 108 (33%) | 65 (30%) | 139 (30%) |
| Small impact | 65 (20%) | 44 (20%) | 101 (22%) |
| No impact | 46 (14%) | 51 (24%) | 89 (19%) |
| I don't know | 8 (2%) | 14 (6%) | 11 (2%) |

Parents of boys (30%) say the ability to get enough sleep during the week is largely impacted by band/music involvement compared to parents of girls (19%).

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%) | 56 (29%) | 151 (29%) | 26 (16%) | 4 (12%) | 0 (0%) |
| Medium impact | 35 (40%) | 61 (31%) | 164 (32%) | 43 (27%) | 8 (24%) | 1 (11%) |
| Small impact | 17 (19%) | 39 (20%) | 111 (21%) | 39 (25%) | 4 (12%) | 0 (0%) |
| No impact | 7 (8%) | 30 (15%) | 85 (16%) | 41 (26%) | 16 (47%) | 7 (78%) |
| I don't know | 2 (2%) | 9 (5%) | 9 (2%) | 10 (6%) | 2 (6%) | 1 (11%) |

Nearly half (47%) of parents in the 55-64 age group say band/music involvement has no impact on their child's weeknight sleep.

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 | 26 (18%) | 112 (25%) | 124 (30%) | 91 (26%) | 61 (27%) | 14 (28%) |
| Medium impact | 41 (29%) | 139 (31%) | 133 (33%) | 116 (33%) | 58 (26%) | 14 (28%) |
| Small impact | 36 (25%) | 103 (23%) | 78 (19%) | 69 (20%) | 47 (21%) | 7 (14%) |
| No impact | 35 (24%) | 78 (18%) | 61 (15%) | 66 (19%) | 51 (23%) | 13 (26%) |
| I don't know | 5 (3%) | 12 (3%) | 13 (3%) | 9 (3%) | 8 (4%) | 2 (4%) |

Results by Parent Generation

| | Gen Z (18-22) | Millennial (23-38) | Gen X (39-54) | Baby Boomer (55-73) | Silent Generation (74+) |
|---------------|---------------|--------------------|---------------|---------------------|-------------------------|
| Total | 60 | 404 | 498 | 43 | 0 |
| Large impact | 21 (35%) | 101 (25%) | 138 (28%) | 4 (9%) | 0 (0%) |
| Medium impact | 20 (33%) | 130 (32%) | 153 (31%) | 9 (21%) | 0 (0%) |
| Small impact | 13 (22%) | 83 (21%) | 110 (22%) | 4 (9%) | 0 (0%) |
| No impact | 5 (8%) | 74 (18%) | 84 (17%) | 23 (53%) | 0 (0%) |
| I don't know | 1 (2%) | 16 (4%) | 13 (3%) | 3 (7%) | 0 (0%) |

Gen Z parents are most likely (35%) to say band/music involvement largely impacts their kid's weeknight sleep.

Results by Region

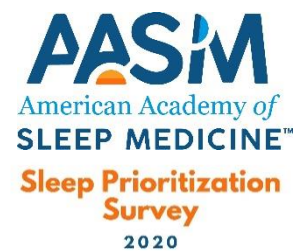
| | Northeast | Midwest | South | West |
|---------------|------------|------------|------------|------------|
| Total | 298 | 205 | 361 | 141 |
| Large impact | 74 (25%) | 50 (24%) | 102 (28%) | 38 (27%) |
| Medium impact | 116 (39%) | 62 (30%) | 83 (23%) | 51 (36%) |
| Small impact | 55 (18%) | 42 (20%) | 87 (24%) | 26 (18%) |
| No impact | 43 (14%) | 43 (21%) | 77 (21%) | 23 (16%) |
| I don't know | 10 (3%) | 8 (4%) | 12 (3%) | 3 (2%) |

About the American Academy of Sleep Medicine

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AASM Sleep Prioritization Survey

Social Media/Electronics Use Impact on Student Sleep



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

To what extent does social media or electronics use affect the ability of your school-aged children and/or teens to get enough sleep on school nights?

Results

- 86% of parents report that social media or electronics affect the ability of their children/teens to get enough sleep on school nights.
 - This includes 33% who answered “large impact,” 33% who answered “medium impact” and 20% who answered “small impact.”
- 9- to11-year-olds are more likely (37%) than 18-year-olds (26%) to have their weeknight sleep largely impacted by social media/electronic use.

Overall Results

| | |
|---------------|---------------------|
| Total | 1,005 (100%) |
| Large impact | 335 (33%) |
| Medium impact | 336 (33%) |
| Small impact | 201 (20%) |
| No impact | 110 (11%) |
| I don't know | 23 (2%) |

One third (33%) of parents say their kid’s social media or electronics use has a large impact on their ability to get enough sleep during the week.

Results by Parent Gender

| | Male | Female |
|---------------|-------------------|-------------------|
| Total | 598 (100%) | 407 (100%) |
| Large impact | 218 (36%) | 117 (29%) |
| Medium impact | 216 (36%) | 120 (29%) |
| Small impact | 103 (17%) | 98 (24%) |
| No impact | 54 (9%) | 56 (14%) |
| I don't know | 7 (1%) | 16 (4%) |

Fathers are more likely (36%) than mothers (29%) to think that social media or electronics has a large impact on their kid’s weeknight sleep abilities.

Results by Children Gender

| | Only Boys | Only Girls | Both |
|---------------|------------|------------|------------|
| Total | 326 | 216 | 463 |
| Large impact | 112 (34%) | 60 (28%) | 163 (35%) |
| Medium impact | 117 (36%) | 60 (28%) | 159 (34%) |
| Small impact | 61 (19%) | 56 (26%) | 84 (18%) |
| No impact | 26 (8%) | 35 (16%) | 49 (11%) |
| I don't know | 10 (3%) | 5 (2%) | 8 (2%) |

Parents of boys (34%) are more likely than parents of girls (28%) to say weeknight sleep is impacted by social media/electronic use.

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 | 30 (34%) | 68 (35%) | 180 (35%) | 51 (32%) | 5 (15%) | 1 (11%) |
| Medium impact | 31 (35%) | 64 (33%) | 177 (34%) | 49 (31%) | 11 (32%) | 4 (44%) |

| | | | | | | |
|--------------|----------|----------|----------|----------|----------|---------|
| Small impact | 18 (20%) | 41 (21%) | 93 (18%) | 35 (22%) | 12 (35%) | 2 (22%) |
| No impact | 7 (8%) | 15 (8%) | 64 (12%) | 18 (11%) | 5 (15%) | 1 (11%) |
| I don't know | 2 (2%) | 7 (4%) | 6 (1%) | 6 (4%) | 1 (3%) | 1 (11%) |

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 | 42 (29%) | 145 (33%) | 151 (37%) | 119 (34%) | 82 (36%) | 13 (26%) |
| Medium impact | 44 (31%) | 151 (34%) | 134 (33%) | 121 (34%) | 71 (32%) | 21 (42%) |
| Small impact | 41 (29%) | 88 (20%) | 73 (18%) | 68 (19%) | 42 (19%) | 10 (20%) |
| No impact | 13 (9%) | 50 (11%) | 44 (11%) | 34 (10%) | 26 (12%) | 5 (10%) |
| I don't know | 3 (2%) | 10 (2%) | 7 (2%) | 9 (3%) | 4 (2%) | 1 (2%) |

Compared to 18-year old's (26%), those 9-11 are more likely (37%) to have their weeknight sleep largely impacted by social media/electronic use, according to parents.

Results by Parent Generation

| | Gen Z (18-22) | Millennial (23-38) | Gen X (39-54) | Baby Boomer (55-73) | Silent Generation (74+) |
|---------------|---------------|--------------------|---------------|---------------------|-------------------------|
| Total | 60 | 404 | 498 | 43 | 0 |
| Large impact | 20 (33%) | 135 (33%) | 174 (35%) | 6 (14%) | 0 (0%) |
| Medium impact | 20 (33%) | 139 (34%) | 162 (33%) | 15 (35%) | 0 (0%) |
| Small impact | 13 (22%) | 74 (18%) | 100 (20%) | 14 (33%) | 0 (0%) |
| No impact | 5 (8%) | 45 (11%) | 54 (11%) | 6 (14%) | 0 (0%) |
| I don't know | 2 (3%) | 11 (3%) | 8 (2%) | 2 (5%) | 0 (0%) |

Results by Region

| | Northeast | Midwest | South | West |
|---------------|------------|------------|------------|------------|
| Total | 298 | 205 | 361 | 141 |
| Large impact | 91 (31%) | 56 (27%) | 126 (35%) | 62 (44%) |
| Medium impact | 108 (36%) | 79 (39%) | 104 (29%) | 45 (32%) |
| Small impact | 59 (20%) | 47 (23%) | 73 (20%) | 22 (16%) |
| No impact | 34 (11%) | 16 (8%) | 49 (14%) | 11 (8%) |
| I don't know | 6 (2%) | 7 (3%) | 9 (2%) | 1 (1%) |

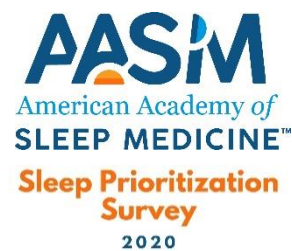
Children and teens in the west are most likely (44%) to have their weeknight sleep impacted by social media or electronic use.

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AASM Sleep Prioritization Survey

Sports Impact on Student Sleep



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

To what extent do sports affect the ability of your school-aged children and/or teens to get enough sleep on school nights?

Results

- 85% of parents report that sports affect the ability of their children/teens to get enough sleep on school nights.
 - This includes 34% who answered “large impact,” 32% who answered “medium impact” and 19% who answered “small impact.”
- Nearly 35% of parents (34%) say sports largely impact their child or teen’s ability to get enough sleep during the school week.

Overall Results

| | |
|---------------|---------------------|
| Total | 1,005 (100%) |
| Large impact | 337 (34%) |
| Medium impact | 321 (32%) |
| Small impact | 187 (19%) |
| No impact | 134 (13%) |
| I don’t know | 26 (3%) |

Over 30% of parents (34%) say sports have a large impact on kids getting enough sleep during the week.

Results by Parent Gender

| | Male | Female |
|---------------|-------------------|-------------------|
| Total | 598 (100%) | 407 (100%) |
| Large impact | 233 (39%) | 104 (26%) |
| Medium impact | 213 (36%) | 108 (27%) |
| Small impact | 101 (17%) | 86 (21%) |
| No impact | 44 (7%) | 90 (22%) |
| I don’t know | 7 (1%) | 19 (5%) |

Fathers are most likely (39%) to say that sports largely impact weeknight sleep for their kids.

Results by Children Gender

| | Only Boys | Only Girls | Both |
|---------------|------------|------------|------------|
| Total | 326 | 216 | 463 |
| Large impact | 117 (36%) | 61 (28%) | 159 (34%) |
| Medium impact | 107 (33%) | 58 (27%) | 156 (34%) |
| Small impact | 59 (18%) | 43 (20%) | 85 (18%) |
| No impact | 35 (11%) | 47 (22%) | 52 (11%) |
| I don’t know | 8 (2%) | 7 (3%) | 11 (2%) |

Parents of boys (36%) are more likely to think weeknight sleep is impacted by sports than parents of girls (28%).

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%) | 59 (30%) | 192 (37%) | 44 (28%) | 6 (18%) | 2 (22%) |
| Medium impact | 30 (34%) | 68 (35%) | 164 (32%) | 49 (31%) | 9 (26%) | 1 (11%) |

| | | | | | | |
|--------------|----------|----------|----------|----------|---------|---------|
| Small impact | 17 (19%) | 37 (19%) | 92 (18%) | 29 (18%) | 9 (26%) | 3 (33%) |
| No impact | 6 (7%) | 20 (10%) | 65 (13%) | 31 (19%) | 9 (26%) | 3 (33%) |
| I don't know | 1 (1%) | 11 (6%) | 7 (1%) | 6 (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 | 42 (29%) | 144 (32%) | 165 (40%) | 110 (31%) | 71 (32%) | 20 (40%) |
| Medium impact | 38 (27%) | 154 (35%) | 128 (31%) | 116 (33%) | 64 (28%) | 16 (32%) |
| Small impact | 30 (21%) | 84 (19%) | 59 (14%) | 70 (20%) | 44 (20%) | 8 (16%) |
| No impact | 29 (20%) | 50 (11%) | 47 (11%) | 47 (13%) | 42 (19%) | 6 (12%) |
| I don't know | 4 (3%) | 12 (3%) | 10 (2%) | 8 (2%) | 4 (2%) | 0 (0%) |

Children aged 9 to 11 are equally as likely to have sports impact weeknight sleep as 18-year old's (40%).

Results by Parent Generation

| | Gen Z (18-22) | Millennial (23-38) | Gen X (39-54) | Baby Boomer (55-73) | Silent Generation (74+) |
|---------------|---------------|--------------------|---------------|---------------------|-------------------------|
| Total | 60 | 404 | 498 | 43 | 0 |
| Large impact | 24 (40%) | 121 (30%) | 184 (37%) | 8 (19%) | 0 (0%) |
| Medium impact | 19 (32%) | 140 (35%) | 152 (31%) | 10 (23%) | 0 (0%) |
| Small impact | 13 (22%) | 74 (18%) | 88 (18%) | 12 (28%) | 0 (0%) |
| No impact | 3 (5%) | 54 (13%) | 65 (13%) | 12 (28%) | 0 (0%) |
| I don't know | 1 (2%) | 15 (4%) | 9 (2%) | 1 (2%) | 0 (0%) |

Results by Region

| | Northeast | Midwest | South | West |
|---------------|------------|------------|------------|------------|
| Total | 298 | 205 | 361 | 141 |
| Large impact | 108 (36%) | 61 (30%) | 119 (33%) | 49 (35%) |
| Medium impact | 94 (32%) | 67 (33%) | 108 (30%) | 52 (37%) |
| Small impact | 58 (19%) | 44 (21%) | 61 (17%) | 24 (17%) |
| No impact | 30 (10%) | 27 (13%) | 63 (17%) | 14 (10%) |
| I don't know | 8 (3%) | 6 (3%) | 10 (3%) | 2 (1%) |

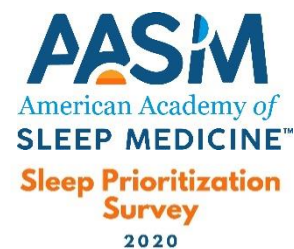
Children and teens across the country are all equally as likely to have sports heavily impact their weeknight sleep abilities.

About the American Academy of Sleep Medicine

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AASM Sleep Prioritization Survey

Spending Time with Friends Impact on Student Sleep



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

To what extent does spending time with friends affect the ability of your school-aged children and/or teens to get enough sleep on school nights?

Results

- 87% of parents report that spending time with friends affect the ability of their children/teens to get enough sleep on school nights.
 - This includes 29% who answered “large impact,” 36% who answered “medium impact” and 22% who answered “small impact.”

Overall Results

| Total | 1,005 (100%) |
|---------------|---------------------|
| Large impact | 294 (29%) |
| Medium impact | 358 (36%) |
| Small impact | 220 (22%) |
| No impact | 117 (12%) |
| I don't know | 16 (2%) |

Nearly 30% of parents (29%) say spending time with friends has a large impact on their kids getting enough sleep during the week.

Results by Parent Gender

| | Male | Female |
|---------------|-------------------|-------------------|
| Total | 598 (100%) | 407 (100%) |
| Large impact | 212 (35%) | 82 (20%) |
| Medium impact | 235 (39%) | 123 (30%) |
| Small impact | 98 (16%) | 122 (30%) |
| No impact | 48 (8%) | 69 (17%) |
| I don't know | 5 (1%) | 11 (3%) |

Fathers are much more likely (35%) than mothers (20%) to report that their kids spending time with friends has a big impact on their ability to get enough sleep during the week.

Results by Children Gender

| | Only Boys | Only Girls | Both |
|---------------|------------|------------|------------|
| Total | 326 | 216 | 463 |
| Large impact | 98 (30%) | 46 (21%) | 150 (32%) |
| Medium impact | 118 (36%) | 75 (35%) | 165 (36%) |
| Small impact | 73 (22%) | 52 (24%) | 95 (21%) |
| No impact | 32 (10%) | 39 (18%) | 46 (10%) |
| I don't know | 5 (2%) | 4 (2%) | 7 (2%) |

Parents of boys (30%) are more likely than parents of girls (21%) to say weeknight sleep is impacted by spending time with friends.

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 | 32 (36%) | 62 (32%) | 158 (30%) | 37 (23%) | 5 (15%) | 0 (0%) |
| Medium impact | 36 (41%) | 68 (35%) | 199 (38%) | 41 (26%) | 11 (32%) | 3 (33%) |
| Small impact | 13 (15%) | 44 (23%) | 103 (20%) | 47 (30%) | 8 (24%) | 5 (56%) |
| No impact | 6 (7%) | 17 (9%) | 53 (10%) | 31 (19%) | 9 (26%) | 1 (11%) |

| | | | | | | |
|--------------|--------|--------|--------|--------|--------|--------|
| I don't know | 1 (1%) | 4 (2%) | 7 (1%) | 3 (2%) | 1 (3%) | 0 (0%) |
|--------------|--------|--------|--------|--------|--------|--------|

Young parents under the age of 24 are most likely (36%) to think spending time with friends impacts their kid's weeknight sleep abilities.

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 | 35 (24%) | 129 (29%) | 141 (34%) | 88 (25%) | 72 (32%) | 13 (26%) |
| Medium impact | 52 (36%) | 162 (36%) | 142 (35%) | 129 (37%) | 66 (29%) | 16 (32%) |
| Small impact | 38 (27%) | 98 (22%) | 80 (20%) | 85 (24%) | 53 (24%) | 15 (30%) |
| No impact | 16 (11%) | 50 (11%) | 38 (9%) | 42 (12%) | 32 (14%) | 5 (10%) |
| I don't know | 2 (1%) | 5 (1%) | 8 (2%) | 7 (2%) | 2 (1%) | 1 (2%) |

Parents say those aged 9-11 are most likely (34%) to have their sleep impacted by spending time with friends during the week.

Results by Parent Generation

| | Gen Z (18-22) | Millennial (23-38) | Gen X (39-54) | Baby Boomer (55-73) | Silent Generation (74+) |
|---------------|---------------|--------------------|---------------|---------------------|-------------------------|
| Total | 60 | 404 | 498 | 43 | 0 |
| Large impact | 23 (38%) | 114 (28%) | 152 (31%) | 5 (12%) | 0 (0%) |
| Medium impact | 24 (40%) | 144 (36%) | 176 (35%) | 14 (33%) | 0 (0%) |
| Small impact | 8 (13%) | 94 (23%) | 105 (21%) | 13 (30%) | 0 (0%) |
| No impact | 4 (7%) | 43 (11%) | 60 (12%) | 10 (23%) | 0 (0%) |
| I don't know | 1 (2%) | 9 (2%) | 5 (1%) | 1 (2%) | 0 (0%) |

Results by Region

| | Northeast | Midwest | South | West |
|---------------|------------|------------|------------|------------|
| Total | 298 | 205 | 361 | 141 |
| Large impact | 91 (31%) | 52 (25%) | 109 (30%) | 42 (30%) |
| Medium impact | 110 (37%) | 77 (38%) | 110 (30%) | 61 (43%) |
| Small impact | 56 (19%) | 49 (24%) | 88 (24%) | 27 (19%) |
| No impact | 34 (11%) | 23 (11%) | 50 (14%) | 10 (7%) |
| I don't know | 7 (2%) | 4 (2%) | 4 (1%) | 1 (1%) |

Parents from the Northeast are most likely (31%) to think their child or teen's weeknight sleep is impacted by spending time with friends.

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/>).