AASM Sleep Prioritization Survey
COVID-19 and the Impact on Sleep

Survey Methodology
American Academy of Sleep Medicine (AASM) commissioned an online survey of 2,007 adults in the U.S. 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
Which of the following have been affected during the COVID-19 pandemic in regard to your sleep?

Results
• U.S. adults report that the COVID-19 pandemic has impacted sleep. One third (33%) have experienced an impact to sleep quality, 30% have seen change in their ability to fall asleep and 29% noted an impact to nightly amount of sleep.

Overall Results

<table>
<thead>
<tr>
<th></th>
<th>Total 2,007</th>
</tr>
</thead>
<tbody>
<tr>
<td>My sleep quality</td>
<td>661 (33%)</td>
</tr>
<tr>
<td>My ability to fall asleep</td>
<td>595 (30%)</td>
</tr>
<tr>
<td>My nightly amount of sleep</td>
<td>586 (29%)</td>
</tr>
<tr>
<td>My bedtime</td>
<td>554 (28%)</td>
</tr>
<tr>
<td>My wake time</td>
<td>499 (25%)</td>
</tr>
<tr>
<td>My ability to stay asleep</td>
<td>492 (25%)</td>
</tr>
<tr>
<td>The consistency of my bedtime</td>
<td>480 (24%)</td>
</tr>
<tr>
<td>It has not affected any of the above</td>
<td>449 (22%)</td>
</tr>
<tr>
<td>The consistency of my wake time</td>
<td>416 (21%)</td>
</tr>
<tr>
<td>I have been experiencing more disturbing dreams</td>
<td>372 (19%)</td>
</tr>
</tbody>
</table>

Nearly one in five U.S. adults are experiencing more disturbing dreams during the COVID-19 pandemic.

Results by Gender

<table>
<thead>
<tr>
<th></th>
<th>Male 1,099</th>
<th>Female 908</th>
</tr>
</thead>
<tbody>
<tr>
<td>My nightly amount of sleep</td>
<td>308 (28%)</td>
<td>278 (31%)</td>
</tr>
<tr>
<td>My sleep quality</td>
<td>370 (34%)</td>
<td>291 (32%)</td>
</tr>
<tr>
<td>My bedtime</td>
<td>273 (25%)</td>
<td>281 (31%)</td>
</tr>
<tr>
<td>My wake time</td>
<td>255 (23%)</td>
<td>244 (27%)</td>
</tr>
<tr>
<td>My ability to fall asleep</td>
<td>308 (28%)</td>
<td>287 (32%)</td>
</tr>
<tr>
<td>My ability to stay asleep</td>
<td>256 (23%)</td>
<td>236 (26%)</td>
</tr>
<tr>
<td>The consistency of my bedtime</td>
<td>245 (22%)</td>
<td>235 (26%)</td>
</tr>
<tr>
<td>The consistency of my wake time</td>
<td>208 (19%)</td>
<td>208 (23%)</td>
</tr>
<tr>
<td>I have been experiencing more disturbing dreams</td>
<td>195 (18%)</td>
<td>177 (19%)</td>
</tr>
<tr>
<td>It has not affected any of the above</td>
<td>238 (22%)</td>
<td>211 (23%)</td>
</tr>
</tbody>
</table>

Females are more likely to report that bedtimes (31%) are impacted by the COVID-19 pandemic than males (25%).
### Results 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>560</td>
<td>421</td>
<td>617</td>
<td>226</td>
<td>128</td>
<td>55</td>
</tr>
<tr>
<td>My nightly amount of sleep</td>
<td>135 (24%)</td>
<td>119 (28%)</td>
<td>212 (34%)</td>
<td>75 (33%)</td>
<td>37 (29%)</td>
<td>8 (15%)</td>
</tr>
<tr>
<td>My sleep quality</td>
<td>134 (24%)</td>
<td>142 (34%)</td>
<td>257 (42%)</td>
<td>77 (34%)</td>
<td>40 (31%)</td>
<td>11 (20%)</td>
</tr>
<tr>
<td>My bedtime</td>
<td>164 (29%)</td>
<td>120 (29%)</td>
<td>184 (30%)</td>
<td>63 (28%)</td>
<td>17 (13%)</td>
<td>6 (11%)</td>
</tr>
<tr>
<td>My wake time</td>
<td>140 (25%)</td>
<td>101 (24%)</td>
<td>178 (29%)</td>
<td>57 (25%)</td>
<td>18 (14%)</td>
<td>5 (9%)</td>
</tr>
<tr>
<td>My ability to fall asleep</td>
<td>147 (26%)</td>
<td>134 (32%)</td>
<td>210 (34%)</td>
<td>69 (31%)</td>
<td>27 (21%)</td>
<td>8 (15%)</td>
</tr>
<tr>
<td>My ability to stay asleep</td>
<td>101 (18%)</td>
<td>105 (25%)</td>
<td>170 (28%)</td>
<td>70 (31%)</td>
<td>32 (25%)</td>
<td>14 (25%)</td>
</tr>
<tr>
<td>The consistency of my bedtime</td>
<td>126 (23%)</td>
<td>108 (26%)</td>
<td>173 (28%)</td>
<td>43 (19%)</td>
<td>26 (20%)</td>
<td>4 (7%)</td>
</tr>
<tr>
<td>The consistency of my wake time</td>
<td>101 (18%)</td>
<td>100 (24%)</td>
<td>149 (24%)</td>
<td>43 (19%)</td>
<td>16 (13%)</td>
<td>7 (13%)</td>
</tr>
<tr>
<td>I have been experiencing more disturbing dreams</td>
<td>89 (16%)</td>
<td>86 (20%)</td>
<td>137 (22%)</td>
<td>40 (18%)</td>
<td>19 (15%)</td>
<td>1 (2%)</td>
</tr>
<tr>
<td>It has not affected any of the above</td>
<td>133 (24%)</td>
<td>82 (19%)</td>
<td>93 (15%)</td>
<td>58 (26%)</td>
<td>54 (42%)</td>
<td>29 (53%)</td>
</tr>
</tbody>
</table>

### Results by Generation

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>450</td>
<td>754</td>
<td>620</td>
<td>178</td>
<td>5</td>
</tr>
<tr>
<td>My nightly amount of sleep</td>
<td>116 (26%)</td>
<td>223 (30%)</td>
<td>202 (33%)</td>
<td>45 (25%)</td>
<td>0 (0%)</td>
</tr>
<tr>
<td>My sleep quality</td>
<td>107 (24%)</td>
<td>261 (35%)</td>
<td>242 (39%)</td>
<td>51 (29%)</td>
<td>0 (0%)</td>
</tr>
<tr>
<td>My bedtime</td>
<td>139 (31%)</td>
<td>215 (29%)</td>
<td>177 (29%)</td>
<td>23 (13%)</td>
<td>0 (0%)</td>
</tr>
<tr>
<td>My wake time</td>
<td>115 (26%)</td>
<td>189 (25%)</td>
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<td>23 (13%)</td>
<td>0 (0%)</td>
</tr>
<tr>
<td>My ability to fall asleep</td>
<td>120 (27%)</td>
<td>236 (31%)</td>
<td>204 (33%)</td>
<td>35 (20%)</td>
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</tr>
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<td>176 (23%)</td>
<td>184 (30%)</td>
<td>46 (26%)</td>
<td>0 (0%)</td>
</tr>
<tr>
<td>The consistency of my bedtime</td>
<td>98 (22%)</td>
<td>204 (27%)</td>
<td>148 (24%)</td>
<td>30 (17%)</td>
<td>0 (0%)</td>
</tr>
<tr>
<td>The consistency of my wake time</td>
<td>75 (17%)</td>
<td>181 (24%)</td>
<td>137 (22%)</td>
<td>23 (13%)</td>
<td>0 (0%)</td>
</tr>
<tr>
<td>I have been experiencing more disturbing dreams</td>
<td>68 (15%)</td>
<td>156 (21%)</td>
<td>128 (21%)</td>
<td>20 (11%)</td>
<td>0 (0%)</td>
</tr>
<tr>
<td>It has not affected any of the above</td>
<td>108 (24%)</td>
<td>149 (20%)</td>
<td>109 (18%)</td>
<td>78 (44%)</td>
<td>5 (100%)</td>
</tr>
</tbody>
</table>
## Results by Region

<table>
<thead>
<tr>
<th></th>
<th>Northeast</th>
<th>Midwest</th>
<th>South</th>
<th>West</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total</strong></td>
<td>566</td>
<td>422</td>
<td>710</td>
<td>309</td>
</tr>
<tr>
<td><strong>My nightly amount of sleep</strong></td>
<td>189 (33%)</td>
<td>107 (25%)</td>
<td>207 (29%)</td>
<td>83 (27%)</td>
</tr>
<tr>
<td><strong>My sleep quality</strong></td>
<td>209 (37%)</td>
<td>137 (32%)</td>
<td>213 (30%)</td>
<td>102 (33%)</td>
</tr>
<tr>
<td><strong>My bedtime</strong></td>
<td>169 (30%)</td>
<td>116 (27%)</td>
<td>190 (27%)</td>
<td>79 (26%)</td>
</tr>
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<td>105 (25%)</td>
<td>159 (22%)</td>
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</tr>
<tr>
<td><strong>My ability to fall asleep</strong></td>
<td>175 (31%)</td>
<td>125 (30%)</td>
<td>205 (29%)</td>
<td>90 (29%)</td>
</tr>
<tr>
<td><strong>My ability to stay asleep</strong></td>
<td>154 (27%)</td>
<td>92 (22%)</td>
<td>170 (24%)</td>
<td>76 (25%)</td>
</tr>
<tr>
<td><strong>The consistency of my bedtime</strong></td>
<td>135 (24%)</td>
<td>106 (25%)</td>
<td>164 (23%)</td>
<td>75 (24%)</td>
</tr>
<tr>
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<td>88 (21%)</td>
<td>138 (19%)</td>
<td>69 (22%)</td>
</tr>
<tr>
<td><strong>I have been experiencing more disturbing dreams</strong></td>
<td>116 (20%)</td>
<td>72 (17%)</td>
<td>124 (17%)</td>
<td>60 (19%)</td>
</tr>
<tr>
<td><strong>It has not affected any of the above</strong></td>
<td>103 (18%)</td>
<td>97 (23%)</td>
<td>175 (25%)</td>
<td>74 (24%)</td>
</tr>
</tbody>
</table>

### General Population (Non-Parents) vs Parents

<table>
<thead>
<tr>
<th></th>
<th>Non-Parents</th>
<th>Parents</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total</strong></td>
<td>1,002</td>
<td>1,005</td>
</tr>
<tr>
<td><strong>My nightly amount of sleep</strong></td>
<td>236 (24%)</td>
<td>250 (35%)</td>
</tr>
<tr>
<td><strong>My sleep quality</strong></td>
<td>266 (27%)</td>
<td>395 (39%)</td>
</tr>
<tr>
<td><strong>My bedtime</strong></td>
<td>265 (26%)</td>
<td>289 (29%)</td>
</tr>
<tr>
<td><strong>My wake time</strong></td>
<td>212 (21%)</td>
<td>287 (29%)</td>
</tr>
<tr>
<td><strong>My ability to fall asleep</strong></td>
<td>239 (24%)</td>
<td>356 (35%)</td>
</tr>
<tr>
<td><strong>My ability to stay asleep</strong></td>
<td>203 (20%)</td>
<td>289 (29%)</td>
</tr>
<tr>
<td><strong>The consistency of my bedtime</strong></td>
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<tr>
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<td>181 (18%)</td>
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</tr>
<tr>
<td><strong>I have been experiencing more disturbing dreams</strong></td>
<td>159 (16%)</td>
<td>213 (21%)</td>
</tr>
<tr>
<td><strong>It has not affected any of the above</strong></td>
<td>327 (33%)</td>
<td>122 (12%)</td>
</tr>
</tbody>
</table>

More parents report their sleep quality (39%) has been impacted by the pandemic than non-parents (27%).
AASM Sleep Prioritization Survey
COVID-19 Impact on Nightly Sleep

Question for Those Experiencing Impact on Nightly Sleep
How has your nightly amount of sleep changed during the COVID-19 pandemic?

Results
- Nearly a fifth (19%) of all respondents report less nightly sleep due to the COVID-19 pandemic.

Please note that percentages are based on total population segment.

Overall Results

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>586 (29%)</td>
</tr>
<tr>
<td>Less nightly sleep</td>
<td>380 (19%)</td>
</tr>
<tr>
<td>More nightly sleep</td>
<td>206 (10%)</td>
</tr>
</tbody>
</table>

Results by Gender

<table>
<thead>
<tr>
<th></th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>308</td>
<td>278</td>
</tr>
<tr>
<td>Less nightly sleep</td>
<td>170 (15%)</td>
<td>210 (23%)</td>
</tr>
<tr>
<td>More nightly sleep</td>
<td>138 (13%)</td>
<td>68 (7%)</td>
</tr>
</tbody>
</table>

Results 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>135</td>
<td>119</td>
<td>212</td>
<td>75</td>
<td>37</td>
<td>8</td>
</tr>
<tr>
<td>Less nightly sleep</td>
<td>95 (17%)</td>
<td>84 (20%)</td>
<td>111 (18%)</td>
<td>49 (22%)</td>
<td>33 (26%)</td>
<td>8 (15%)</td>
</tr>
<tr>
<td>More nightly sleep</td>
<td>40 (7%)</td>
<td>35 (8%)</td>
<td>101 (16%)</td>
<td>26 (12%)</td>
<td>4 (3%)</td>
<td>0 (0%)</td>
</tr>
</tbody>
</table>

Results 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>116</td>
<td>223</td>
<td>202</td>
<td>45</td>
<td>0</td>
</tr>
<tr>
<td>Less nightly sleep</td>
<td>82 (18%)</td>
<td>145 (19%)</td>
<td>112 (18%)</td>
<td>41 (23%)</td>
<td>0 (0%)</td>
</tr>
<tr>
<td>More nightly sleep</td>
<td>34 (8%)</td>
<td>78 (10%)</td>
<td>90 (15%)</td>
<td>4 (2%)</td>
<td>0 (0%)</td>
</tr>
</tbody>
</table>

Results by Region

<table>
<thead>
<tr>
<th></th>
<th>Northeast</th>
<th>Midwest</th>
<th>South</th>
<th>West</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>189</td>
<td>107</td>
<td>207</td>
<td>83</td>
</tr>
<tr>
<td>Less nightly sleep</td>
<td>115 (20%)</td>
<td>78 (18%)</td>
<td>142 (20%)</td>
<td>45 (15%)</td>
</tr>
<tr>
<td>More nightly sleep</td>
<td>74 (13%)</td>
<td>29 (7%)</td>
<td>65 (9%)</td>
<td>38 (12%)</td>
</tr>
</tbody>
</table>

General Population (Non-Parents) vs Parents

<table>
<thead>
<tr>
<th></th>
<th>Non-Parents</th>
<th>Parents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>266</td>
<td>395</td>
</tr>
<tr>
<td>Less nightly sleep</td>
<td>219 (18%)</td>
<td>225 (20%)</td>
</tr>
<tr>
<td>More nightly sleep</td>
<td>47 (5%)</td>
<td>170 (15%)</td>
</tr>
</tbody>
</table>

More females (23%) report getting less nightly sleep than males (15%).
More parents (15%) report getting less nightly sleep during the pandemic than those without children (5%).
AASM Sleep Prioritization Survey
COVID-19 Impact on Sleep Quality

**Question for Those Experiencing Impact on Sleep Quality**
How has your sleep quality changed during the COVID-19 pandemic?

**Results**
- More than a fifth (22%) of total survey respondents report that sleep quality is worse during the pandemic.

*Please note that percentages are based on total population segment.*

### Overall Results

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>It’s worse</td>
<td>444 (22%)</td>
<td></td>
</tr>
<tr>
<td>It’s better</td>
<td>217 (11%)</td>
<td></td>
</tr>
</tbody>
</table>

### Results by Gender

<table>
<thead>
<tr>
<th></th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>370</td>
<td>291</td>
</tr>
<tr>
<td>It’s worse</td>
<td>208 (19%)</td>
<td>236 (26%)</td>
</tr>
<tr>
<td>It’s better</td>
<td>162 (15%)</td>
<td>55 (6%)</td>
</tr>
</tbody>
</table>

More women (26%) than men (19%) report that sleep is worse during the pandemic.

### Results by Age Group

<table>
<thead>
<tr>
<th></th>
<th>18-24</th>
<th>25-34</th>
<th>35-44</th>
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<th>55-64</th>
<th>65+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>134</td>
<td>132</td>
<td>257</td>
<td>77</td>
<td>40</td>
<td>11</td>
</tr>
<tr>
<td>It’s worse</td>
<td>99 (18%)</td>
<td>102 (24%)</td>
<td>132 (21%)</td>
<td>63 (28%)</td>
<td>37 (29%)</td>
<td>11 (20%)</td>
</tr>
<tr>
<td>It’s better</td>
<td>35 (6%)</td>
<td>40 (10%)</td>
<td>125 (20%)</td>
<td>14 (6%)</td>
<td>3 (2%)</td>
<td>0 (0%)</td>
</tr>
</tbody>
</table>

### Results by Generation

<table>
<thead>
<tr>
<th></th>
<th>Gen Z (18-22)</th>
<th>Millennial (23-38)</th>
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<tr>
<td>Total</td>
<td>107</td>
<td>261</td>
<td>242</td>
<td>51</td>
<td>0</td>
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<tr>
<td>It’s worse</td>
<td>80 (18%)</td>
<td>171 (23%)</td>
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<td>48 (27%)</td>
<td>0%</td>
</tr>
<tr>
<td>It’s better</td>
<td>27 (6%)</td>
<td>90 (12%)</td>
<td>97 (16%)</td>
<td>3 (2%)</td>
<td>0%</td>
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</tbody>
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### Results by Region

<table>
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<th>Northeast</th>
<th>Midwest</th>
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<th>West</th>
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<tbody>
<tr>
<td>Total</td>
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<td>137</td>
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</tr>
<tr>
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<tr>
<td>It’s better</td>
<td>78 (14%)</td>
<td>39 (9%)</td>
<td>73 (10%)</td>
<td>27 (9%)</td>
</tr>
</tbody>
</table>

### General Population (Non-Parents) vs Parent

<table>
<thead>
<tr>
<th></th>
<th>Non-Parents</th>
<th>Parents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>661</td>
<td>266</td>
</tr>
<tr>
<td>It’s worse</td>
<td>219 (22%)</td>
<td>225 (22%)</td>
</tr>
<tr>
<td>It’s better</td>
<td>47 (5%)</td>
<td>170 (17%)</td>
</tr>
</tbody>
</table>
AASM Sleep Prioritization Survey
COVID-19 Impact on Bedtimes

Question for Those Experiencing Impact to Bedtimes
How has your bedtime changed during the COVID-19 pandemic?

Results
- Nearly a fifth (19%) of respondents report a later bedtime due to the pandemic; only 9% report an earlier bedtime due to the pandemic.

Please note that percentages are based on total population segment.

Overall Results

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>It's earlier</td>
<td>175 (9%)</td>
<td></td>
</tr>
<tr>
<td>It's later</td>
<td>379 (19%)</td>
<td></td>
</tr>
</tbody>
</table>

Results by Gender

<table>
<thead>
<tr>
<th></th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>273</td>
<td>281</td>
</tr>
<tr>
<td>It's earlier</td>
<td>122 (11%)</td>
<td>53 (6%)</td>
</tr>
<tr>
<td>It's later</td>
<td>151 (14%)</td>
<td>228 (25%)</td>
</tr>
</tbody>
</table>

More females (25%) report a later bedtime due to the pandemic than males (15%).

Results by Age Group

<table>
<thead>
<tr>
<th>Age Group</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>164</td>
<td>120</td>
<td>184</td>
<td>63</td>
<td>17</td>
<td>6</td>
</tr>
<tr>
<td>It's earlier</td>
<td>37 (7%)</td>
<td>34 (8%)</td>
<td>76 (12%)</td>
<td>19 (8%)</td>
<td>6 (5%)</td>
<td>3 (5%)</td>
</tr>
<tr>
<td>It's later</td>
<td>127 (23%)</td>
<td>86 (20%)</td>
<td>108 (18%)</td>
<td>44 (19%)</td>
<td>11 (9%)</td>
<td>3 (5%)</td>
</tr>
</tbody>
</table>

Results by Generation

<table>
<thead>
<tr>
<th>Generation</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>139</td>
<td>215</td>
<td>177</td>
<td>23</td>
<td>0</td>
</tr>
<tr>
<td>It's earlier</td>
<td>32 (7%)</td>
<td>64 (8%)</td>
<td>70 (11%)</td>
<td>9 (5%)</td>
<td>0 (0%)</td>
</tr>
<tr>
<td>It's later</td>
<td>107 (24%)</td>
<td>151 (20%)</td>
<td>107 (17%)</td>
<td>14 (8%)</td>
<td>0 (0%)</td>
</tr>
</tbody>
</table>

Results by Region

<table>
<thead>
<tr>
<th>Region</th>
<th>Northeast</th>
<th>Midwest</th>
<th>South</th>
<th>West</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>169</td>
<td>116</td>
<td>190</td>
<td>79</td>
</tr>
<tr>
<td>It's earlier</td>
<td>51 (9%)</td>
<td>39 (9%)</td>
<td>61 (9%)</td>
<td>24 (8%)</td>
</tr>
<tr>
<td>It's later</td>
<td>118 (21%)</td>
<td>77 (18%)</td>
<td>129 (18%)</td>
<td>55 (18%)</td>
</tr>
</tbody>
</table>

General Population (Non-Parents) vs Parent

<table>
<thead>
<tr>
<th></th>
<th>Non-Parents</th>
<th>Parents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>212</td>
<td>287</td>
</tr>
<tr>
<td>It's earlier</td>
<td>65 (6%)</td>
<td>110 (11%)</td>
</tr>
<tr>
<td>It's later</td>
<td>200 (20%)</td>
<td>179 (18%)</td>
</tr>
</tbody>
</table>
AASM Sleep Prioritization Survey
COVID-19 Impact on Wake Times

Question for Those Experiencing Impact to Wake Times
How has your wake time changed during the COVID-19 pandemic?

Results
- Of all survey respondents, 14% have later wake times, while 11% have earlier wake times.

Please note that percentages are based on total population segment.

Overall Results
<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>499</td>
</tr>
<tr>
<td>It's earlier</td>
<td>212 (11%)</td>
</tr>
<tr>
<td>It's later</td>
<td>287 (14%)</td>
</tr>
</tbody>
</table>

Results by Gender

<table>
<thead>
<tr>
<th></th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>255</td>
<td>244</td>
</tr>
<tr>
<td>It's earlier</td>
<td>139 (13%)</td>
<td>73 (8%)</td>
</tr>
<tr>
<td>It's later</td>
<td>116 (11%)</td>
<td>171 (19%)</td>
</tr>
</tbody>
</table>

More women (19%) report having later wake times due to the pandemic than men (11%).

Results 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>140</td>
<td>101</td>
<td>178</td>
<td>57</td>
<td>18</td>
<td>5</td>
</tr>
<tr>
<td>It's earlier</td>
<td>45 (8%)</td>
<td>42 (10%)</td>
<td>86 (14%)</td>
<td>29 (13%)</td>
<td>7 (5%)</td>
<td>3 (5%)</td>
</tr>
<tr>
<td>It's later</td>
<td>95 (17%)</td>
<td>59 (14%)</td>
<td>92 (15%)</td>
<td>28 (12%)</td>
<td>11 (9%)</td>
<td>2 (4%)</td>
</tr>
</tbody>
</table>

Results 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>115</td>
<td>189</td>
<td>172</td>
<td>23</td>
<td>0</td>
</tr>
<tr>
<td>It's earlier</td>
<td>36 (8%)</td>
<td>73 (10%)</td>
<td>93 (15%)</td>
<td>10 (6%)</td>
<td>0 (0%)</td>
</tr>
<tr>
<td>It's later</td>
<td>79 (18%)</td>
<td>116 (15%)</td>
<td>79 (13%)</td>
<td>13 (7%)</td>
<td>0 (0%)</td>
</tr>
</tbody>
</table>

Results by Region

<table>
<thead>
<tr>
<th></th>
<th>Northeast</th>
<th>Midwest</th>
<th>South</th>
<th>West</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>147</td>
<td>105</td>
<td>159</td>
<td>88</td>
</tr>
<tr>
<td>It's earlier</td>
<td>58 (11%)</td>
<td>49 (10%)</td>
<td>64 (12%)</td>
<td>41 (9%)</td>
</tr>
<tr>
<td>It's later</td>
<td>89 (14%)</td>
<td>56 (16%)</td>
<td>95 (13%)</td>
<td>47 (13%)</td>
</tr>
</tbody>
</table>

General Population (Non-Parents) vs Parent

<table>
<thead>
<tr>
<th></th>
<th>Non-Parents</th>
<th>Parents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>212</td>
<td>287</td>
</tr>
<tr>
<td>It's earlier</td>
<td>74 (7%)</td>
<td>138 (14%)</td>
</tr>
<tr>
<td>It's later</td>
<td>138 (14%)</td>
<td>149 (15%)</td>
</tr>
</tbody>
</table>

Parents (14%) are more likely to report an earlier wake time due to the pandemic than non-parents (7%).
AASM Sleep Prioritization Survey  
*COVID-19 Impact on Ability to Fall Asleep*

**Question for Those Experiencing Impact on Ability to Fall Asleep**
How has your ability to fall asleep changed during the COVID-19 pandemic?

**Results**
- A fifth (20%) of all survey respondents are finding it harder to fall asleep during the pandemic.

*Please note that percentages are based on total population segment.*

**Overall Results**

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>It’s easier to fall asleep</td>
<td>184 (9%)</td>
</tr>
<tr>
<td>It’s harder to fall asleep</td>
<td>411 (20%)</td>
</tr>
</tbody>
</table>

**Results by Gender**

<table>
<thead>
<tr>
<th></th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>308</td>
<td>287</td>
</tr>
<tr>
<td>It’s easier to fall asleep</td>
<td>133 (12%)</td>
<td>51 (6%)</td>
</tr>
<tr>
<td>It’s harder to fall asleep</td>
<td>175 (16%)</td>
<td>236 (26%)</td>
</tr>
</tbody>
</table>

More females (26%) than males (16%) have a harder time falling asleep during the pandemic.

**Results 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>147</td>
<td>134</td>
<td>210</td>
<td>69</td>
<td>27</td>
<td>8</td>
</tr>
<tr>
<td>It’s easier to fall asleep</td>
<td>35 (6%)</td>
<td>37 (9%)</td>
<td>93 (15%)</td>
<td>14 (6%)</td>
<td>3 (2%)</td>
<td>2 (4%)</td>
</tr>
<tr>
<td>It’s harder to fall asleep</td>
<td>112 (20%)</td>
<td>97 (23%)</td>
<td>117 (19%)</td>
<td>55 (24%)</td>
<td>24 (19%)</td>
<td>6 (11%)</td>
</tr>
</tbody>
</table>

**Results 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>120</td>
<td>236</td>
<td>204</td>
<td>35</td>
<td>0</td>
</tr>
<tr>
<td>It’s easier to fall asleep</td>
<td>26 (6%)</td>
<td>77 (10%)</td>
<td>76 (12%)</td>
<td>5 (3%)</td>
<td>0 (0%)</td>
</tr>
<tr>
<td>It’s harder to fall asleep</td>
<td>94 (21%)</td>
<td>159 (21%)</td>
<td>128 (21%)</td>
<td>30 (17%)</td>
<td>0 (0%)</td>
</tr>
</tbody>
</table>

**Results by Region**

<table>
<thead>
<tr>
<th></th>
<th>Northeast</th>
<th>Midwest</th>
<th>South</th>
<th>West</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>175</td>
<td>125</td>
<td>205</td>
<td>90</td>
</tr>
<tr>
<td>It’s easier to fall asleep</td>
<td>39 (12%)</td>
<td>50 (9%)</td>
<td>29 (7%)</td>
<td>29 (9%)</td>
</tr>
<tr>
<td>It’s harder to fall asleep</td>
<td>86 (19%)</td>
<td>155 (20%)</td>
<td>61 (22%)</td>
<td>61 (20%)</td>
</tr>
</tbody>
</table>

**General Population (Non-Parents) vs Parent**

<table>
<thead>
<tr>
<th></th>
<th>Non-Parents</th>
<th>Parents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>239</td>
<td>356</td>
</tr>
<tr>
<td>It’s easier to fall asleep</td>
<td>45 (4%)</td>
<td>139 (14%)</td>
</tr>
<tr>
<td>It’s harder to fall asleep</td>
<td>194 (19%)</td>
<td>217 (22%)</td>
</tr>
</tbody>
</table>
AASM Sleep Prioritization Survey
**COVID-19 Impact on Ability to Stay Asleep**

**Question for Those Experiencing Impact on Ability to Stay Asleep**
How has your ability to stay asleep changed during the COVID-19 pandemic?

**Results**
- Some U.S. adults (16%) state that it is harder to stay asleep during the pandemic.

*Please note that percentages are based on total population segment.*

### Overall Results

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>492</td>
</tr>
<tr>
<td>It’s easier to stay asleep</td>
<td>173 (9%)</td>
</tr>
<tr>
<td>It’s harder to stay asleep</td>
<td>319 (16%)</td>
</tr>
</tbody>
</table>

### Results by Gender

<table>
<thead>
<tr>
<th></th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>256</td>
<td>236</td>
</tr>
<tr>
<td>It’s easier to stay asleep</td>
<td>117 (11%)</td>
<td>56 (6%)</td>
</tr>
<tr>
<td>It’s harder to stay asleep</td>
<td>139 (13%)</td>
<td>180 (20%)</td>
</tr>
</tbody>
</table>

More females (20%) than males (13%) report difficulty staying asleep during the pandemic.

### Results 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>101</td>
<td>105</td>
<td>170</td>
<td>70</td>
<td>32</td>
<td>14</td>
</tr>
<tr>
<td>It’s easier to stay asleep</td>
<td>40 (7%)</td>
<td>37 (9%)</td>
<td>81 (13%)</td>
<td>11 (5%)</td>
<td>3 (2%)</td>
<td>1 (2%)</td>
</tr>
<tr>
<td>It’s harder to stay asleep</td>
<td>61 (11%)</td>
<td>68 (16%)</td>
<td>89 (14%)</td>
<td>59 (26%)</td>
<td>29 (23%)</td>
<td>13 (24%)</td>
</tr>
</tbody>
</table>

### Results 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>86</td>
<td>176</td>
<td>184</td>
<td>46</td>
<td>0</td>
</tr>
<tr>
<td>It’s easier to stay asleep</td>
<td>33 (7%)</td>
<td>70 (9%)</td>
<td>66 (11%)</td>
<td>4 (2%)</td>
<td>0 (0%)</td>
</tr>
<tr>
<td>It’s harder to stay asleep</td>
<td>53 (12%)</td>
<td>106 (14%)</td>
<td>118 (19%)</td>
<td>42 (24%)</td>
<td>0 (0%)</td>
</tr>
</tbody>
</table>

### Results by Region

<table>
<thead>
<tr>
<th></th>
<th>Northeast</th>
<th>Midwest</th>
<th>South</th>
<th>West</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>154</td>
<td>92</td>
<td>170</td>
<td>76</td>
</tr>
<tr>
<td>It’s easier to stay asleep</td>
<td>56 (10%)</td>
<td>28 (7%)</td>
<td>60 (8%)</td>
<td>29 (9%)</td>
</tr>
<tr>
<td>It’s harder to stay asleep</td>
<td>98 (17%)</td>
<td>64 (15%)</td>
<td>110 (15%)</td>
<td>47 (15%)</td>
</tr>
</tbody>
</table>

### General Population (Non-Parents) vs Parent

<table>
<thead>
<tr>
<th></th>
<th>Non-Parents</th>
<th>Parents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>203</td>
<td>289</td>
</tr>
<tr>
<td>It’s easier to stay asleep</td>
<td>44 (4%)</td>
<td>129 (13%)</td>
</tr>
<tr>
<td>It’s harder to stay asleep</td>
<td>159 (16%)</td>
<td>160 (16%)</td>
</tr>
</tbody>
</table>

More parents (13%) than non-parents (4%) report it’s easier to stay asleep during the pandemic.
AASM Sleep Prioritization Survey
COVID-19 Impact on Bedtime Consistency

**Question for Those Experiencing Impact on Bedtime Consistency**
How has COVID-19 affected your bedtime consistency?

**Results**
- Nearly a fifth of adults across the U.S. report that bedtimes are less consistent (18%) during the pandemic; only 6% of adults report bedtimes that are more consistent.

*Please note that percentages are based on total population segment.*

**Overall Results**

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>480</td>
</tr>
<tr>
<td>It's less consistent</td>
<td>363 (18%)</td>
</tr>
<tr>
<td>It's more consistent</td>
<td>117 (6%)</td>
</tr>
</tbody>
</table>

**Results by Gender**

<table>
<thead>
<tr>
<th>Gender</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>245</td>
<td>235</td>
</tr>
<tr>
<td>It's less consistent</td>
<td>159 (14%)</td>
<td>204 (22%)</td>
</tr>
<tr>
<td>It's more consistent</td>
<td>86 (8%)</td>
<td>31 (3%)</td>
</tr>
</tbody>
</table>

More females (22%) report less consistent bedtimes during the pandemic than males (14%).

**Results by Age Group**

<table>
<thead>
<tr>
<th>Age Group</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>126</td>
<td>108</td>
<td>173</td>
<td>43</td>
<td>26</td>
<td>4</td>
</tr>
<tr>
<td>It's less consistent</td>
<td>107 (19%)</td>
<td>85 (20%)</td>
<td>106 (17%)</td>
<td>38 (17%)</td>
<td>23 (18%)</td>
<td>4 (7%)</td>
</tr>
<tr>
<td>It's more consistent</td>
<td>19 (3%)</td>
<td>23 (5%)</td>
<td>67 (11%)</td>
<td>5 (2%)</td>
<td>3 (2%)</td>
<td>0 (0%)</td>
</tr>
</tbody>
</table>

**Results by Generation**

<table>
<thead>
<tr>
<th>Generation</th>
<th>Gen Z (18-22)</th>
<th>Millennial (23-38)</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>98</td>
<td>204</td>
<td>148</td>
<td>30</td>
<td>0</td>
</tr>
<tr>
<td>It's less consistent</td>
<td>81 (18%)</td>
<td>159 (21%)</td>
<td>96 (15%)</td>
<td>27 (15%)</td>
<td>0 (0%)</td>
</tr>
<tr>
<td>It's more consistent</td>
<td>17 (4%)</td>
<td>45 (6%)</td>
<td>52 (8%)</td>
<td>3 (2%)</td>
<td>0 (0%)</td>
</tr>
</tbody>
</table>

**Results by Region**

<table>
<thead>
<tr>
<th>Region</th>
<th>Northeast</th>
<th>Midwest</th>
<th>South</th>
<th>West</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>135</td>
<td>106</td>
<td>164</td>
<td>75</td>
</tr>
<tr>
<td>It's less consistent</td>
<td>97 (17%)</td>
<td>90 (21%)</td>
<td>118 (17%)</td>
<td>58 (19%)</td>
</tr>
<tr>
<td>It's more consistent</td>
<td>38 (7%)</td>
<td>16 (4%)</td>
<td>46 (6%)</td>
<td>17 (6%)</td>
</tr>
</tbody>
</table>

**General Population (Non-Parents) vs Parent**

<table>
<thead>
<tr>
<th></th>
<th>Non-Parents</th>
<th>Parents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>211</td>
<td>269</td>
</tr>
<tr>
<td>It's less consistent</td>
<td>185 (18%)</td>
<td>178 (18%)</td>
</tr>
<tr>
<td>It's more consistent</td>
<td>26 (3%)</td>
<td>91 (9%)</td>
</tr>
</tbody>
</table>
AASM Sleep Prioritization Survey
COVID-19 Impact on Wake Time Consistency

Question for Those Experiencing Impact on Wake Time Consistency
How has COVID-19 affected your wake time consistency?

Results
- U.S. adults (15%) have less consistent wake times during the pandemic.

Please note that percentages are based on total population segment.

Overall Results

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>416</td>
</tr>
<tr>
<td>It's less consistent</td>
<td>302 (15%)</td>
</tr>
<tr>
<td>It's more consistent</td>
<td>114 (6%)</td>
</tr>
</tbody>
</table>

Results by Gender

<table>
<thead>
<tr>
<th></th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>208</td>
<td>208</td>
</tr>
<tr>
<td>It's less consistent</td>
<td>126 (11%)</td>
<td>176 (19%)</td>
</tr>
<tr>
<td>It's more consistent</td>
<td>82 (7%)</td>
<td>32 (4%)</td>
</tr>
</tbody>
</table>

Results 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></td>
<td>101</td>
<td>100</td>
<td>149</td>
<td>43</td>
<td>16</td>
<td>7</td>
</tr>
<tr>
<td>It's less consistent</td>
<td>79 (14%)</td>
<td>80 (19%)</td>
<td>84 (14%)</td>
<td>39 (17%)</td>
<td>14 (11%)</td>
<td>6 (11%)</td>
</tr>
<tr>
<td>It's more consistent</td>
<td>22 (4%)</td>
<td>20 (5%)</td>
<td>65 (11%)</td>
<td>4 (2%)</td>
<td>2 (2%)</td>
<td>1 (2%)</td>
</tr>
</tbody>
</table>

Results 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>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>75</td>
<td>181</td>
<td>137</td>
<td>23</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>It's less consistent</td>
<td>59 (13%)</td>
<td>135 (18%)</td>
<td>88 (14%)</td>
<td>20 (11%)</td>
<td>0 (0%)</td>
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<td>16 (4%)</td>
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<td>138</td>
<td>69</td>
</tr>
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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/).