

AASM Sleep Prioritization Survey

Awareness of Obstructive Sleep Apnea



Sleep Prioritization Survey 2021

Survey Methodology

The American Academy of Sleep Medicine (AASM) commissioned an online survey of 2,006 adults in the U.S. The margin of error fell within +/- 2 percentage points with a confidence interval of 95%. The fieldwork took place from March 11-15, 2021. Atomik Research is an independent market research agency.

Question

How familiar are you with obstructive sleep apnea (OSA)?

Results

- A quarter of respondents (26%) are not at all familiar with OSA.

Overall Results

Total	2,006
Very familiar	630 (31%)
Somewhat familiar	863 (43%)
Not at all familiar	513 (26%)

Less than one-third of respondents (31%) are very familiar with OSA.

Results by Gender

	Male	Female
Total	967	1,039
Very familiar	358 (37%)	272 (26%)
Somewhat familiar	396 (41%)	467 (45%)
Not at all familiar	213 (22%)	300 (29%)

Men (37%) are more likely to be very familiar with OSA than women (26%).

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	293	396	456	346	247	268
Very familiar	91 (31%)	114 (29%)	179 (39%)	119 (34%)	63 (26%)	64 (24%)
Somewhat familiar	113 (39%)	170 (43%)	193 (42%)	152 (44%)	114 (46%)	121 (45%)
Not at all familiar	89 (30%)	112 (28%)	84 (18%)	75 (22%)	70 (28%)	83 (31%)

Respondents between the ages 35-44 are the most likely (39%) to be very familiar with OSA.

Results by Generation

	Gen Z (18-24)	Millennial (25-40)	Gen X (41-56)	Baby Boomer (57-75)	Silent Generation (76+)
Total	293	700	557	404	52
Very familiar	91 (31%)	229 (33%)	198 (36%)	102 (25%)	10 (19%)
Somewhat familiar	113 (39%)	304 (43%)	236 (42%)	188 (47%)	22 (42%)
Not at all familiar	89 (30%)	167 (24%)	123 (22%)	114 (28%)	20 (38%)

Results by Region

	Northeast	Midwest	South	West
Total	372	475	717	442
Very familiar	119 (32%)	167 (35%)	205 (29%)	139 (31%)
Somewhat familiar	171 (46%)	189 (40%)	323 (45%)	180 (41%)
Not at all familiar	82 (22%)	119 (25%)	189 (26%)	123 (28%)

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/>).