

# AASM Sleep Prioritization Survey

## Bed Partners Who Snore



**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

Do you have a bed partner?

### Overall Results

<b>Total</b>	<b>2,006</b>
Yes	1,277 (64%)
No	729 (36%)

Nearly two-thirds of respondents (64%) sleep with a bed partner.

### Question

Does your bed partner snore while sleeping?

### Results

- Of those who sleep with a bed partner, nearly 70% say their partner snores while sleeping.

### Overall Results

<b>Total</b>	<b>1,277</b>
Yes	865 (68%)
No	412 (32%)

Of those who sleep with a bed partner, nearly 70% say their bed partner snores while sleeping.

### Results by Gender

	Male	Female
<b>Total</b>	<b>715</b>	<b>562</b>
Yes	467 (65%)	398 (71%)
No	248 (35%)	164 (29%)

Of those who sleep with a bed partner, a high percentage of both women (71%) and men (65%) say their bed partner snores while sleeping.

### Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
<b>Total</b>	<b>140</b>	<b>267</b>	<b>376</b>	<b>241</b>	<b>134</b>	<b>119</b>
Yes	88 (63%)	182 (68%)	270 (72%)	161 (67%)	91 (68%)	73 (61%)
No	52 (37%)	85 (32%)	106 (28%)	80 (33%)	43 (32%)	46 (39%)

Of those who sleep with a bed partner, more than 60% of all age groups say that their bed partner snores while sleeping.

### Results by Generation

	<b>Gen Z (18-24)</b>	<b>Millennial (25-40)</b>	<b>Gen X (41-56)</b>	<b>Baby Boomer (57-75)</b>	<b>Silent Generation (76+)</b>
<b>Total</b>	<b>140</b>	<b>519</b>	<b>405</b>	<b>191</b>	<b>22</b>
Yes	88 (63%)	364 (70%)	274 (68%)	126 (66%)	13 (59%)
No	52 (37%)	155 (30%)	131 (32%)	65 (34%)	9 (41%)

### Results by Region

	<b>Northeast</b>	<b>Midwest</b>	<b>South</b>	<b>West</b>
<b>Total</b>	<b>237</b>	<b>314</b>	<b>454</b>	<b>272</b>
Yes	146 (62%)	218 (69%)	308 (68%)	193 (71%)
No	91 (38%)	96 (31%)	146 (32%)	79 (29%)

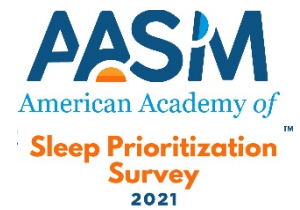
Of those who sleep with a bed partner, respondents living in the Northeast are the least likely (62%) to sleep with a bed partner who snores while sleeping.

### 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

## Bed Partner Snoring Frequency



### Question

How often does your bed partner snore while sleeping?

### Results

- Of those who say their bed partner snores while sleeping, nearly half (48%) say the snoring happens every night, while one-third (33%) say the snoring occurs “quite often.”

### Overall Results

<b>Total</b>	<b>865</b>
Every night	411 (48%)
Quite often	285 (33%)
Once in a while	159 (18%)
Never	7 (1%)
I don't know	3 (0%)

Of those who say their bed partner snores while sleeping, nearly half (48%) say their bed partner snores every night, while one-third (33%) say the snoring occurs quite often.

### Results by Gender

	Male	Female
<b>Total</b>	<b>467</b>	<b>398</b>
Every night	240 (51%)	171 (43%)
Quite often	151 (32%)	134 (34%)
Once in a while	70 (15%)	89 (22%)
Never	5 (1%)	2 (1%)
I don't know	1 (0%)	2 (1%)

Of those who say their bed partner snores while sleeping, over half of men (51%) say their bed partner snores every night.

### Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
<b>Total</b>	<b>88</b>	<b>182</b>	<b>270</b>	<b>161</b>	<b>91</b>	<b>73</b>
Every night	29 (33%)	79 (43%)	154 (57%)	94 (58%)	33 (36%)	22 (30%)
Quite often	27 (31%)	64 (35%)	88 (33%)	41 (25%)	35 (38%)	30 (41%)
Once in a while	28 (32%)	39 (21%)	27 (10%)	23 (14%)	21 (23%)	21 (29%)
Never	3 (3%)	0 (0%)	1 (0%)	2 (1%)	1 (1%)	0 (0%)
I don't know	1 (1%)	0 (0%)	0 (0%)	1 (1%)	1 (1%)	0 (0%)

Of those who say their bed partner snores while sleeping, over half of those ages 35-44 (57%) and 45-54 (58%) say their bed partner snores every night.

### Results by Generation

	Gen Z (18-24)	Millennial (25-40)	Gen X (41-56)	Baby Boomer (57-75)	Silent Generation (76+)
<b>Total</b>	<b>88</b>	<b>364</b>	<b>274</b>	<b>126</b>	<b>13</b>
Every night	29 (33%)	183 (50%)	154 (56%)	42 (33%)	3 (23%)
Quite often	27 (31%)	122 (34%)	80 (29%)	50 (40%)	6 (46%)
Once in a while	28 (32%)	58 (16%)	37 (14%)	32 (25%)	4 (31%)
Never	3 (3%)	1 (0%)	2 (1%)	1 (1%)	0 (0%)
I don't know	1 (1%)	0 (0%)	1 (0%)	1 (1%)	0 (0%)

Of those who say their bed partner snores while sleeping, more than half of Gen X (56%) say their bed partner snores every night.

### Results by Region

	Northeast	Midwest	South	West
<b>Total</b>	<b>146</b>	<b>218</b>	<b>308</b>	<b>193</b>
Every night	72 (49%)	97 (44%)	152 (49%)	90 (47%)
Quite often	44 (30%)	77 (35%)	100 (32%)	64 (33%)
Once in a while	29 (20%)	43 (20%)	51 (17%)	36 (19%)
Never	1 (1%)	1 (0%)	3 (1%)	2 (1%)
I don't know	0 (0%)	0 (0%)	2 (1%)	1 (1%)

Of those who say their bed partner snores while sleeping, nearly half in the Northeast (49%) and South (49%) say their bed partner snores every night.

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