

AASM Sleep Prioritization Survey

Understanding Seriousness 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

In your opinion, how serious of a sleep disorder is obstructive sleep apnea (OSA)?

Results

- Nearly half (48%) of respondents consider OSA to be a very serious sleep disorder.
 - Only 5% think that OSA is not serious at all.

Overall Results

Total	2,006
Very	962 (48%)
Somewhat	714 (36%)
Not serious at all	103 (5%)
I don't know	227 (11%)

Nearly half of respondents (48%) consider OSA to be a very serious sleep disorder.

Results by Gender

	Male	Female
Total	967	1,039
Very	485 (50%)	477 (46%)
Somewhat	345 (36%)	369 (36%)
Not serious at all	53 (5%)	50 (5%)
I don't know	84 (9%)	143 (14%)

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	293	396	456	346	247	268
Very	81 (28%)	170 (43%)	267 (59%)	196 (57%)	120 (49%)	128 (48%)
Somewhat	132 (45%)	164 (41%)	147 (32%)	104 (30%)	80 (32%)	87 (32%)
Not serious at all	47 (16%)	16 (4%)	16 (4%)	6 (2%)	8 (3%)	10 (4%)
I don't know	33 (11%)	46 (12%)	26 (6%)	40 (12%)	39 (16%)	43 (16%)

Respondents ages 35-44 (59%) and 45-54 (57%) are more than twice as likely to consider OSA to be a very serious sleep disorder than those ages 18-24 (28%).

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	81 (28%)	343 (49%)	318 (57%)	204 (50%)	16 (31%)
Somewhat	132 (45%)	270 (39%)	164 (29%)	125 (31%)	23 (44%)
Not serious at all	47 (16%)	24 (3%)	14 (3%)	16 (4%)	2 (4%)
I don't know	33 (11%)	63 (9%)	61 (11%)	59 (15%)	11 (21%)

Gen X (57%) is the most likely to consider OSA to be a very serious sleep disorder.

Results by Region

	Northeast	Midwest	South	West
Total	372	475	717	442
Very	172 (46%)	246 (52%)	332 (46%)	212 (48%)
Somewhat	142 (38%)	168 (35%)	253 (35%)	151 (34%)
Not serious at all	25 (7%)	21 (4%)	37 (5%)	20 (5%)
I don't know	33 (9%)	40 (8%)	95 (13%)	59 (13%)

More than half of respondents in the Midwest (52%) consider OSA to be a very serious sleep disorder.

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/>).