

AASM Sleep Prioritization Survey

COVID-somnia



Sleep Prioritization Survey
2022

Survey Methodology

The American Academy of Sleep Medicine (AASM) commissioned an online survey of 2,010 adults in the U.S. The overall margin of error fell within +/- 2 percentage points with a confidence interval of 95 percent. Fieldwork took place between Feb. 17-24, 2022. Atomik Research is an independent market research agency.

Question

- Have you been experiencing an increase in sleep disturbances since the beginning of the pandemic, a.k.a. "COVID-somnia"?

Results

- Nearly one third of Americans (31%) say they have experienced "COVID-somnia," an increase in sleep disturbances since the beginning of the pandemic.

Overall COVID-somnia Sleep Disturbances

Total	2,010
Yes	623 (31%)
No	1,125 (56%)

Results by Gender

	Male	Female
Total	1,002	1,008
Yes	291 (29%)	332 (33%)
No	601 (60%)	524 (52%)

Women (33%) are more likely than men (29%) to report COVID-somnia sleep disturbances.

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	302	401	461	341	242	263
Yes	104 (34%)	153 (38%)	157 (34%)	99 (29%)	68 (28%)	42 (16%)
No	144 (48%)	194 (48%)	244 (53%)	195 (57%)	147 (61%)	201 (76%)

Those 25-34 have the highest rate of COVID-somnia at 38%.

Results by Generation

	Gen Z (18-25)	Millennial (26-41)	Gen X (42-57)	Baby Boomer (58-75)	Silent Generation (76+)
Total	347	702	539	364	58
Yes	121 (35%)	251 (36%)	181 (34%)	63 (17%)	7 (12%)
No	167 (48%)	356 (51%)	289 (54%)	265 (73%)	48 (83%)

Results by Region

	Northeast	Midwest	South	West
Total	382	481	703	444
Yes	126 (33%)	152 (32%)	193 (27%)	152 (34%)
No	201 (53%)	280 (58%)	403 (57%)	241 (54%)

Those in the South (27%) are least likely to report COVID-somnia sleep disturbances.

Question

- Those who answered yes to experiencing “COVID-somnia” were asked: What sleep disturbances are you experiencing?

Results

- Of those who report sleep disturbances, the most common is having trouble falling or staying asleep (61%). Additional disturbances include: experiencing worse quality sleep (47%), sleeping less (39%) and having more disturbing dreams (33%).

Overall Types of COVID-somnia Sleep Disturbances

Total	623
More trouble falling or staying asleep	377 (61%)
Less nightly sleep	246 (39%)
Worse quality sleep	295 (47%)
More disturbing dreams	206 (33%)
Other	3 (0%)

More than 60% of Americans with COVID-somnia report having trouble falling or staying asleep.

Results by Gender

	Male	Female
Total	291	332
More trouble falling or staying asleep	159 (55%)	218 (66%)
Less nightly sleep	108 (37%)	138 (42%)
Worse quality sleep	146 (50%)	149 (45%)
More disturbing dreams	101 (35%)	105 (32%)
Other	0 (0%)	3 (1%)

Two-thirds of women with COVID-somnia report having trouble falling or staying asleep, compared to 55% of men.

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	104	153	157	99	68	42
More trouble falling or staying asleep	63 (61%)	90 (59%)	83 (53%)	62 (63%)	46 (68%)	33 (79%)
Less nightly sleep	43 (41%)	49 (32%)	73 (46%)	37 (37%)	26 (38%)	18 (43%)
Worse quality sleep	44 (42%)	62 (41%)	88 (56%)	44 (44%)	37 (54%)	20 (48%)
More disturbing dreams	34 (33%)	53 (35%)	55 (35%)	32 (32%)	23 (34%)	9 (21%)
Other	0 (0%)	1 (1%)	2 (1%)	0 (0%)	0 (0%)	0 (0%)

Nearly 80% of those 65 and older with COVID-somnia report having trouble falling or staying asleep.

Results by Generation

	Gen Z (18-25)	Millennial (26-41)	Gen X (42-57)	Baby Boomer (58-75)	Silent Generation (76+)
Total	121	251	181	63	7
More trouble falling or staying asleep	71 (59%)	141 (56%)	114 (63%)	44 (70%)	7 (100%)
Less nightly sleep	53 (44%)	88 (35%)	76 (42%)	27 (43%)	2 (29%)
Worse quality sleep	50 (41%)	122 (49%)	90 (50%)	31 (49%)	2 (29%)
More disturbing dreams	42 (35%)	85 (34%)	63 (35%)	15 (24%)	1 (14%)
Other	0 (0%)	3 (1%)	0 (0%)	0 (0%)	0 (0%)

Results by Region

	Northeast	Midwest	South	West
Total	126	152	193	152
More trouble falling or staying asleep	77 (61%)	87 (57%)	120 (62%)	93 (61%)
Less nightly sleep	47 (37%)	66 (43%)	75 (39%)	58 (38%)
Worse quality sleep	49 (39%)	79 (52%)	82 (42%)	85 (56%)
More disturbing dreams	36 (29%)	47 (31%)	60 (31%)	63 (41%)
Other	1 (1%)	0 (0%)	2 (1%)	0 (0%)

Those in the Midwest who have COVID-somnia (43%) are more likely to report sleeping less, compared to other regions.

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/>).