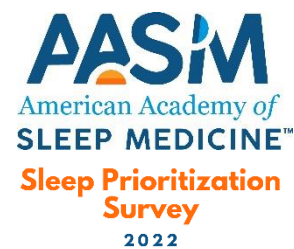


# AASM Sleep Prioritization Survey

## Insomnia Impact on Daily Life



### Survey Methodology

The American Academy of Sleep Medicine 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

Which of the following has a negative impact on your daily life?

### Results

- Nearly 30% of Americans (28%) say insomnia has a negative impact on their daily lives.

### Overall Results

<b>Total</b>	2,010
Anxiety	1,054 (52%)
Depression	860 (43%)
Insomnia	564 (28%)
None of the above	584 (29%)

### Results by Gender

	Male	Female
<b>Total</b>	1,002	1,008
Anxiety	465 (46%)	589 (58%)
Depression	380 (38%)	480 (48%)
Insomnia	237 (24%)	327 (32%)
None of the above	330 (33%)	254 (25%)

32% of women say that insomnia negatively affects their daily lives, compared to 24% of men.

### Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
<b>Total</b>	302	401	461	341	242	263
Anxiety	184 (61%)	232 (58%)	272 (59%)	183 (54%)	109 (45%)	74 (28%)
Depression	152 (50%)	184 (46%)	228 (49%)	158 (46%)	90 (37%)	48 (18%)
Insomnia	73 (24%)	109 (27%)	142 (31%)	121 (35%)	65 (27%)	54 (21%)
None of the above	64 (21%)	85 (21%)	106 (23%)	93 (27%)	92 (38%)	144 (55%)

### Results by Generation

	Gen Z (18-25)	Millennial (26-41)	Gen X (42-57)	Baby Boomer (58-75)	Silent Generation (76+)
<b>Total</b>	347	702	539	364	58
Anxiety	208 (60%)	406 (58%)	304 (56%)	124 (34%)	12 (21%)
Depression	170 (49%)	337 (48%)	257 (48%)	91 (25%)	5 (9%)
Insomnia	89 (26%)	203 (29%)	186 (35%)	80 (22%)	6 (10%)
None of the above	71 (20%)	161 (23%)	135 (25%)	177 (49%)	40 (69%)

Almost 30% of Millennials (29%) and 35% of Gen X say insomnia has a negative impact on their lives, higher than Gen Z, Baby Boomers and the Silent Generation.

### Results by Region

	Northeast	Midwest	South	West
<b>Total</b>	<b>382</b>	<b>481</b>	<b>703</b>	<b>444</b>
Anxiety	205 (54%)	259 (54%)	360 (51%)	230 (52%)
Depression	165 (43%)	221 (46%)	283 (40%)	191 (43%)
Insomnia	93 (24%)	137 (28%)	208 (30%)	126 (28%)
None of the above	104 (27%)	125 (26%)	222 (32%)	133 (30%)

28% of Americans that live in the Midwest and West say insomnia negatively affects their daily lives, compared to 24% in the Northeast and 30% in the South.

### 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/>).