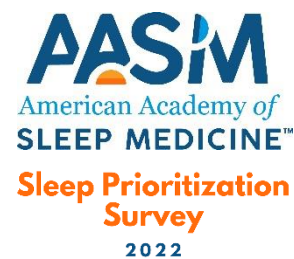


AASM Sleep Prioritization Survey

Americans Feeling Well-rested



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

How often do you wake up feeling well-rested?

Results

- Only one-third of Americans “always or often” wake up feeling well-rested.
- Women (32%) are 1.5 times more likely than men (21%) to “rarely or never” wake up feeling well-rested.

Overall Results

Total	2,010
Always or often	709 (35%)
Always	258 (13%)
Often	451 (22%)
Sometimes	768 (38%)
Rarely	428 (21%)
Never	105 (5%)
Rarely or never	533 (27%)

Only one-third of Americans “always or often” wake up feeling well-rested.

Results by Gender

	Male	Female
Total	1,002	1,008
Always or often	417 (42%)	292 (29%)
Always	157 (16%)	101 (10%)
Often	260 (26%)	191 (19%)
Sometimes	378 (38%)	390 (39%)
Rarely	171 (17%)	257 (25%)
Never	36 (4%)	69 (7%)
Rarely or never	207 (21%)	326 (32%)

Women (32%) are 1.5 times more likely than men (21%) to “rarely or never” wake up feeling well-rested.

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	302	401	461	341	242	263
Always or often	113 (37%)	154 (38%)	142 (31%)	102 (30%)	65 (27%)	133 (51%)
Always	50 (17%)	75 (19%)	38 (8%)	35 (10%)	18 (7%)	42 (16%)
Often	63 (21%)	79 (20%)	104 (23%)	67 (20%)	47 (19%)	91 (35%)
Sometimes	127 (42%)	165 (41%)	177 (38%)	130 (38%)	95 (39%)	74 (28%)
Rarely	48 (16%)	63 (16%)	112 (24%)	90 (26%)	68 (28%)	47 (18%)
Never	14 (5%)	19 (5%)	30 (7%)	19 (6%)	14 (6%)	9 (3%)
Rarely or never	62 (21%)	82 (20%)	142 (31%)	109 (32%)	82 (34%)	56 (21%)

Only 27% of Americans aged 55-64 “always or often” wake up feeling well-rested, lower than any other age group.

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
Always or often	130 (37%)	241 (34%)	155 (29%)	152 (42%)	31 (53%)
Always	60 (17%)	95 (14%)	48 (9%)	45 (12%)	10 (17%)
Often	70 (20%)	146 (21%)	107 (20%)	107 (29%)	21 (36%)
Sometimes	147 (42%)	275 (39%)	210 (39%)	116 (32%)	20 (34%)
Rarely	54 (16%)	147 (21%)	139 (26%)	82 (23%)	6 (10%)
Never	16 (5%)	39 (6%)	35 (6%)	14 (4%)	1 (2%)
Rarely or never	70 (20%)	186 (26%)	174 (32%)	96 (26%)	7 (12%)

Gen X (32%) is 1.5 times more likely than Gen Z (20%) to “rarely or never” wake up feeling well-rested.

Results by Region

	Northeast	Midwest	South	West
Total	382	481	703	444
Always or often	133 (35%)	155 (32%)	248 (35%)	173 (39%)
Always	59 (15%)	59 (12%)	83 (12%)	57 (13%)
Often	74 (19%)	96 (20%)	165 (23%)	116 (26%)
Sometimes	147 (38%)	202 (42%)	259 (37%)	160 (36%)
Rarely	81 (21%)	104 (22%)	153 (22%)	90 (20%)
Never	21 (5%)	20 (4%)	43 (6%)	21 (5%)
Rarely or never	102 (27%)	124 (26%)	196 (28%)	111 (25%)

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/>).