

AASM Sleep Prioritization Survey

Losing Sleep to Finance Worries



Sleep Prioritization Survey
2022

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 have you lost sleep at night due to worries about finances?

Results

- 87% of Americans have lost sleep due to worries about finances.
 - Note: This reflects those answering (“always or almost always,” “often,” “sometimes” and “rarely”)
- One-fifth of the population have “always or almost always” lost sleep due to worries about finances.

Overall Results

Total	2,010
Always or almost always	428 (21%)
Often	536 (27%)
Sometimes	489 (24%)
Rarely	296 (15%)
Never	261 (13%)

One-fifth of the population always or almost always suffer from lost sleep due to worries about finances.

Results by Gender

	Male	Female
Total	1,002	1,008
Always or almost always	183 (18%)	245 (24%)
Often	255 (25%)	281 (28%)
Sometimes	258 (26%)	231 (23%)
Rarely	155 (15%)	141 (14%)
Never	151 (15%)	110 (11%)

Nearly a quarter of women (24%) “always or almost always” suffer from lost sleep due to worries about finances, compared to 18% of men.

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	302	401	461	341	242	263
Always or almost always	76 (25%)	100 (25%)	107 (23%)	97 (28%)	34 (14%)	14 (5%)
Often	84 (28%)	124 (31%)	153 (33%)	86 (25%)	52 (21%)	37 (14%)
Sometimes	65 (22%)	98 (24%)	110 (24%)	77 (23%)	68 (28%)	71 (27%)
Rarely	43 (14%)	41 (10%)	53 (11%)	42 (12%)	46 (19%)	71 (27%)
Never	34 (11%)	38 (9%)	38 (8%)	39 (11%)	42 (17%)	70 (27%)

Americans aged 45-54 (28%) are the most likely to have “always or almost always” lost sleep due to worrying about finances.

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 almost always	92 (27%)	159 (23%)	144 (27%)	28 (8%)	5 (9%)
Often	97 (28%)	226 (32%)	150 (28%)	62 (17%)	1 (2%)
Sometimes	75 (22%)	176 (25%)	123 (23%)	103 (28%)	12 (21%)
Rarely	46 (13%)	78 (11%)	64 (12%)	86 (24%)	22 (38%)
Never	37 (11%)	63 (9%)	58 (11%)	85 (23%)	18 (31%)

Nearly 30% of Gen Z (27%) and Gen X (27%) have “always or almost always” lost sleep due to worrying about finances.

Results by Region

	Northeast	Midwest	South	West
Total	382	481	703	444
Always or almost always	96 (25%)	98 (20%)	154 (22%)	80 (18%)
Often	106 (28%)	140 (29%)	174 (25%)	116 (26%)
Sometimes	82 (21%)	117 (24%)	178 (25%)	112 (25%)
Rarely	55 (14%)	61 (13%)	100 (14%)	80 (18%)
Never	43 (11%)	65 (14%)	97 (14%)	56 (13%)

A quarter of those in the Northeast have “always or almost always” lost sleep due to worries about finances.

About the American Academy of Sleep Medicine

Established in 1975, the AASM advances sleep care and enhances sleep health to improve lives. The AASM has a combined membership of 11,000 accredited sleep centers and individuals, including physicians, scientists and other health care professionals who care for patients with sleep disorders. As the leader in the sleep field, the AASM sets standards and promotes excellence in sleep medicine health care, education and research (aasm.org).