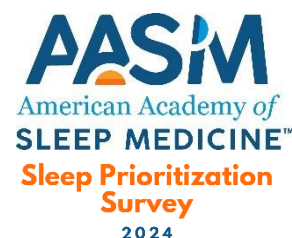


AASM Sleep Prioritization Survey

Chronic Insomnia



Survey Methodology

The American Academy of Sleep Medicine commissioned an online survey of 2,006 adults throughout the United States. The margin of error for the overall sample is +/- 2 percentage points with a confidence level of 95 percent. Fieldwork took place between May 16 and May 24, 2024, by Atomik Research, an independent market research agency.

Question

Have you ever been diagnosed with a sleep disorder?

Results

More than one in ten (12%) of Americans have been diagnosed with chronic insomnia

Overall Results

Total	2,006
Chronic insomnia	247 (12%)

12% of U.S. adults have been diagnosed with chronic insomnia.

Results by Gender

	Male	Female
Total	1,002	1,001
Chronic insomnia	132 (13%)	115 (11%)

Men (13%) are slightly more likely than women (11%) to have been diagnosed with chronic insomnia.

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	234	382	360	360	351	319
Chronic insomnia	32 (14%)	61 (16%)	54 (15%)	42 (12%)	41 (12%)	17 (5%)

25-34-year-olds are the most likely (16%) to have been diagnosed with chronic insomnia.

Results by Generation

	Gen Z (18-26)	Millennial (27-42)	Gen X (43-58)	Baby Boomer (59-76)	Silent Generation (77+)
Total	313	637	572	452	32
Chronic Insomnia	44 (14%)	98 (15%)	70 (12%)	35 (8%)	0 (0%)

Millennials reported the highest rate of chronic insomnia diagnosis (15%).

Results by Region

	Northeast	Midwest	South	West
Total	348	427	776	455
Chronic Insomnia	43 (12%)	44 (10%)	96 (12%)	64 (14%)

Those in the West (14%) were the most likely to report chronic insomnia diagnosis, while those in the Midwest (10%) were the least likely.

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 12,000 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).