

AASM Sleep Prioritization Survey

Steps Americans Would Take to Address Sleep Disorders



Sleep Prioritization Survey
2021

Survey Methodology

The American Academy of Sleep Medicine (AASM) commissioned an online survey of 2,006 adults in the U.S. The margin of error fell within +/- 2 percentage points with a confidence interval of 95%. The fieldwork took place from March 11-15, 2021. Atomik Research is an independent market research agency.

Question

What next steps would you take if you believed you have a sleep disorder?

Results

- Only 20% of respondents would contact a sleep center if they believed they had a sleep disorder.
 - Half of respondents (50%) say they would contact a health care provider, while 37% say they would do online research and 29% would wait for their sleep to get better.

Overall Results

Total	2,006
Search for information online	749 (37%)
Contact a health care provider	1,013 (50%)
Contact a sleep center	405 (20%)
Wait for sleep to get better	580 (29%)
None of the above	212 (11%)

Only 20% of respondents will contact a sleep center if they believe they have a sleep disorder.

Results by Gender

	Male	Female
Total	967	1,039
Search for information online	384 (40%)	365 (35%)
Contact a health care provider	473 (49%)	540 (52%)
Contact a sleep center	221 (23%)	184 (18%)
Wait for sleep to get better	316 (33%)	264 (25%)
None of the above	90 (9%)	122 (12%)

Men (23%) are more likely than women (18%) to contact a sleep center if they believe they have a sleep disorder.

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	293	396	456	346	247	268
Search for information online	104 (35%)	142 (36%)	198 (43%)	139 (40%)	89 (36%)	77 (29%)
Contact a health care provider	121 (41%)	206 (52%)	239 (52%)	178 (51%)	127 (51%)	142 (53%)
Contact a sleep center	75 (26%)	87 (22%)	115 (25%)	69 (20%)	35 (14%)	24 (9%)
Wait for sleep to get better	87 (30%)	123 (31%)	171 (38%)	101 (29%)	53 (21%)	45 (17%)
None of the above	42 (14%)	37 (9%)	28 (6%)	28 (8%)	35 (14%)	42 (16%)

Respondents who are 55-64 (14%) and 65+ (9%) are least likely to contact a sleep center if they believe they have a sleep disorder.

Results by Generation

	Gen Z (18-24)	Millennial (25-40)	Gen X (41-56)	Baby Boomer (57-75)	Silent Generation (76+)
Total	293	700	557	404	52
Search for information online	104 (35%)	284 (41%)	214 (38%)	135 (33%)	12 (23%)
Contact a health care provider	121 (41%)	361 (52%)	288 (52%)	218 (54%)	25 (48%)
Contact a sleep center	75 (26%)	170 (24%)	111 (20%)	45 (11%)	4 (8%)
Wait for sleep to get better	87 (30%)	241 (34%)	163 (29%)	80 (20%)	9 (17%)
None of the above	42 (14%)	52 (7%)	49 (9%)	58 (14%)	11 (21%)

Results by Region

	Northeast	Midwest	South	West
Total	372	475	717	442
Search for information online	138 (37%)	172 (36%)	256 (36%)	183 (41%)
Contact a health care provider	197 (53%)	250 (53%)	357 (50%)	209 (47%)
Contact a sleep center	87 (23%)	95 (20%)	138 (19%)	85 (19%)
Wait for sleep to get better	118 (32%)	142 (30%)	208 (29%)	112 (25%)
None of the above	32 (9%)	40 (8%)	85 (12%)	55 (12%)

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/>).