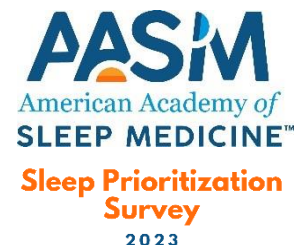


AASM Sleep Prioritization Survey

Sleep Divorce



Survey Methodology

The American Academy of Sleep Medicine commissioned an online survey of 2,005 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 March 24-29, 2023. Atomik Research is an independent market research agency.

Question

Do you ever do any of the following to adjust your sleep routine to accommodate a bed partner?

Results

- Nearly half (42%) of Americans do not adjust their sleep routine to accommodate a bed partner.

Overall Results

Overall Results	
Total	2,005
Use earplugs	303 (15%)
Use an eye mask	358 (18%)
Sleep in another room on occasion	391 (20%)
Sleep in another room consistently	309 (15%)
Go to sleep at an earlier or later time than desired	660 (33%)
Use a silent alarm	325 (16%)
None of these	840 (42%)

One-third (33%) of adults reported that they go to sleep at an earlier or later time than desired to accommodate a bed partner.

Results by Gender

	Male	Female
Total	997	997
Use earplugs	214 (21%)	89 (9%)
Use an eye mask	234 (23%)	123 (12%)
Sleep in another room on occasion	244 (24%)	147 (15%)
Sleep in another room consistently	209 (21%)	100 (10%)
Go to sleep at an earlier or later time than desired	371 (37%)	285 (29%)
Use a silent alarm	246 (25%)	79 (8%)
None of these	340 (34%)	494 (50%)

Men (25%) are three times more likely than women (8%) to use a silent alarm to accommodate a bed partner.

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	313	456	541	367	176	152
Use earplugs	36 (12%)	93 (20%)	107 (20%)	56 (15%)	8 (5%)	3 (2%)
Use an eye mask	40 (13%)	95 (21%)	141 (26%)	69 (19%)	8 (5%)	5 (3%)
Sleep in another room on occasion	44 (14%)	83 (18%)	145 (27%)	70 (19%)	30 (17%)	19 (13%)
Sleep in another room consistently	41 (13%)	87 (19%)	96 (18%)	59 (16%)	12 (7%)	14 (9%)
Go to sleep at an earlier or later time than desired	101 (32%)	167 (37%)	222 (41%)	116 (32%)	30 (17%)	24 (16%)
Use a silent alarm	44 (14%)	76 (17%)	142 (26%)	55 (15%)	6 (3%)	2 (1%)
None of these	130 (42%)	163 (36%)	170 (31%)	169 (46%)	106(60%)	102 (67%)

Over half (60%) of Americans aged 55-64 do not adjust their sleep routine to accommodate a bed partner.

Results by Generation

	Gen Z (18-26)	Millennial (27-42)	Gen X (43-58)	Baby Boomer (59-76)	Silent Generation (77+)
Total	388	845	526	230	16
Use earplugs	52 (13%)	175 (21%)	70 (13%)	6 (3%)	0 (0%)
Use an eye mask	53 (14%)	216 (26%)	81 (15%)	8 (3%)	0 (0%)
Sleep in another room on occasion	55 (14%)	203 (24%)	101 (19%)	30 (13%)	2 (13%)
Sleep in another room consistently	53 (14%)	162 (19%)	73 (14%)	20 (9%)	1 (6%)
Go to sleep at an earlier or later time than desired	134 (35%)	334 (40%)	153 (29%)	38 (17%)	1 (6%)
Use a silent alarm	57 (15%)	198 (23%)	65 (12%)	5 (2%)	0 (0%)
None of these	156 (40%)	266 (31%)	256 (49%)	150 (65%)	12 (75%)

The Silent Generation reported no use of eye masks, earplugs or silent alarms, while over one-fifth of millennials use eye masks (26%), earplugs (21%) and silent alarms (23%) to accommodate a bed partner.

Results by Region

	Northeast	Midwest	South	West
Total	385	481	701	438
Use earplugs	58 (15%)	56 (12%)	90 (13%)	99 (23%)
Use an eye mask	78 (20%)	67 (14%)	99 (14%)	114 (26%)
Sleep in another room on occasion	75 (19%)	99 (21%)	122 (17%)	95 (22%)
Sleep in another room consistently	56 (15%)	66 (14%)	100 (14%)	87 (20%)
Go to sleep at an earlier or later time than desired	127 (33%)	160 (33%)	217 (31%)	156 (36%)
Use a silent alarm	65 (17%)	71 (15%)	94 (13%)	95 (22%)
None of these	164 (43%)	199 (41%)	317 (45%)	160 (37%)

Those in the West reported the highest percentage of people who use earplugs (23%) to accommodate a bed partner, while the Midwest reported the lowest percentage (12%).

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).