



New Nationwide Sleep Health Survey Key Data Fact Sheet

In March 2021, ResMed released the results of a nationwide survey revealing that for **half of all Americans, stress over the past year is negatively impacting the quality of their sleep.** Beyond the pervasive effects of stress, the survey found the impacts on sleep vary across gender and working arrangements. For many, sleep issues are likely also being impacted by undiagnosed sleep disorders. Key data points include:

COVID-19 has impacted all aspects of our lives, including our sleep health, leading many people to struggle to get the recommended seven to nine hours of sleep a night.¹

- 50% of all respondents say stress or worry has negatively impacted their sleep over the past year.
- 35% of all respondents say they are having a harder time falling asleep or waking up, 32% said they are sleeping less over the last year, and 26% started taking naps more often.

Survey results show that women are suffering greater negative impacts than men.

- 35% of women reported worse sleep quality in the past year compared to just 26% of men.
- Women were more likely to select stress (55% vs. 42%) and anxiety (45% vs. 35%) as negative impacts on their sleep.
- Women were also more likely to report declines in the quality of other key health focus areas:
 - Declined quality of diet (29% women vs. 18% men)
 - Declined quality of exercise (30% women vs. 20% men)

Respondents who have worked from home at any point during the pandemic report greater improvements in their sleep, diet, exercise, and stress management than those who haven't.

- 39% of individuals who have reported working from home at any point during the pandemic reported improved sleep quality compared to 21% of those who have not worked from home.
- 57% of individuals who have reported working from home at any point during the pandemic reported improved exercise compared to 33% of those who have not worked from home.
- Employees who work from home are also more likely to report improvements in diet and stress management.
 - Improvement in diet (44% WFH vs. 32% not WFH)
 - Improvement in stress management (36% WFH vs. 26% not WFH)

While everyone experiences an occasional bad night of sleep, those who experience ongoing sleep issues could be dealing with a more significant underlying health condition.

- 58% of respondents said they snore, or that a bed partner has told them they snore.
- 72% of people who snore aren't concerned it could be related to underlying health conditions. Yet, snoring is the most common symptom of sleep apnea, which can be dangerous if left untreated.
- 46% of respondents indicated their doctor hadn't asked them about their sleep quality.

The quality of sleep and how people manage their sleep over the last year varies by generation.

- Gen Z (33%) and Millennials (28%) are sleeping more over the past year than other generations. Only 25% of Gen X, 14% of Boomers, and 16% of the Silent Generation reported sleeping more.

- Gen X (63%) and Millennials (57%) are more likely than other generations to report their doctor had asked them about their sleep. Only 48% of Gen Z, 28% of Boomers, and 45% of the Silent Generation reported their doctor had asked them about their sleep.
- Younger generations, including Gen Z (34%) and Millennials (34%), are more willing to get a sleep test than older generations. Only 28% of Gen X, 21% of Boomers, and 10% of the Silent Generation said they would be interested in getting a sleep test.
- 19% of Gen Xers have been diagnosed with sleep apnea, higher than any other generation. This generation was also more likely than other generations to report their bed partner started snoring (14%).

About the Survey

The survey was conducted in February 2021 among 1,000 individuals 18 and older in the U.S. The survey was fielded using Qualtrics Insights Platform, and the panel was sourced from Lucid.

ResMed released the survey results in conjunction with National Sleep Awareness Week (March 14-20, 2021) and World Sleep Day (March 19) and as part of *Sleep for a Better Tomorrow*, an education and outreach initiative to build awareness of the critical role good sleep plays in helping us optimize our physical and mental health.

To learn more, visit www.SleepForBetterTomorrow.com.

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¹ National Sleep Foundation, How Much Sleep Do We Really Need: <https://www.sleepfoundation.org/how-sleep-works/how-much-sleep-do-we-really-need#:~:text=National%20Sleep%20Foundation%20guidelines1,to%208%20hours%20per%20night>.