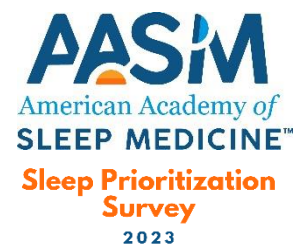


AASM Sleep Prioritization Survey

Melatonin Use



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

Have you ever taken melatonin to help you sleep?

Results

- More than 6 in 10 of people (64%) have taken melatonin.

Overall Results

Total	2,005
Yes	1,287 (64%)
No	718 (36%)

The majority of Americans (64%) have taken melatonin to help sleep.

Results by Gender

	Male	Female
Total	997	997
Yes	656 (66%)	623 (62%)
No	341 (34%)	374 (38%)

Males (66%) are slightly more likely to have used melatonin to help sleep, compared to 62% of females.

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	313	456	541	367	176	152
Yes	208 (66%)	305 (67%)	376 (70%)	228 (62%)	94 (53%)	76 (50%)
No	105 (34%)	151 (33%)	165 (30%)	139 (38%)	82 (47%)	76 (50%)

Those aged 35-44 (70%) are most likely to have used melatonin to help sleep.

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
Yes	260 (67%)	584 (69%)	322 (61%)	113 (49%)	8 (50%)
No	128 (33%)	261 (31%)	204 (39%)	117 (51%)	8 (50%)

Baby Boomers (49%) and those in the Silent Generation (50%) are least likely to have used melatonin to help sleep.

Results by Region

	Northeast	Midwest	South	West
Total	385	481	701	438
Yes	244 (63%)	321 (67%)	442 (63%)	280 (64%)
No	141 (37%)	160 (33%)	259 (37%)	158 (36%)

Americans in the Midwest (67%) are most likely to have used melatonin to help sleep.

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).