

How Does Your Sleep Stack Up?

While many of us recognize that sleep has an impact on our lives, understanding that impact and putting better sleep hygiene habits into action is often easier said than done. SleepMoment sponsored a recent survey with the goal of better understanding the sleep habits of people in different demographics.

See if you can relate to any of these results.



Sleep & Stress Levels

2X

Those who worked part-time were nearly **twice as likely to feel extremely stressed** over the past month than those who worked full-time.

36 FEWER ↓

Those who felt very stressed over the past month got **36 fewer minutes of sleep** each night than those who felt less stressed.

3X LONGER ↑

Those who felt very stressed over the past month were more likely to take **three times longer to fall asleep** (most selected needing between 21 and 30 minutes to fall asleep) than those who felt less stressed (most selected needing between 5 and 10 minutes to fall asleep).

4X

Those who felt very stressed over the past month were nearly **four times more likely to report lack of sleep affects their productivity every day** (57%) than those who were less stressed (15%).



Those who were unemployed and looking for work were most likely to report **lack of sleep affects their productivity every day**, while those who were employed were most likely to report lack of sleep affects their productivity a few times a week.

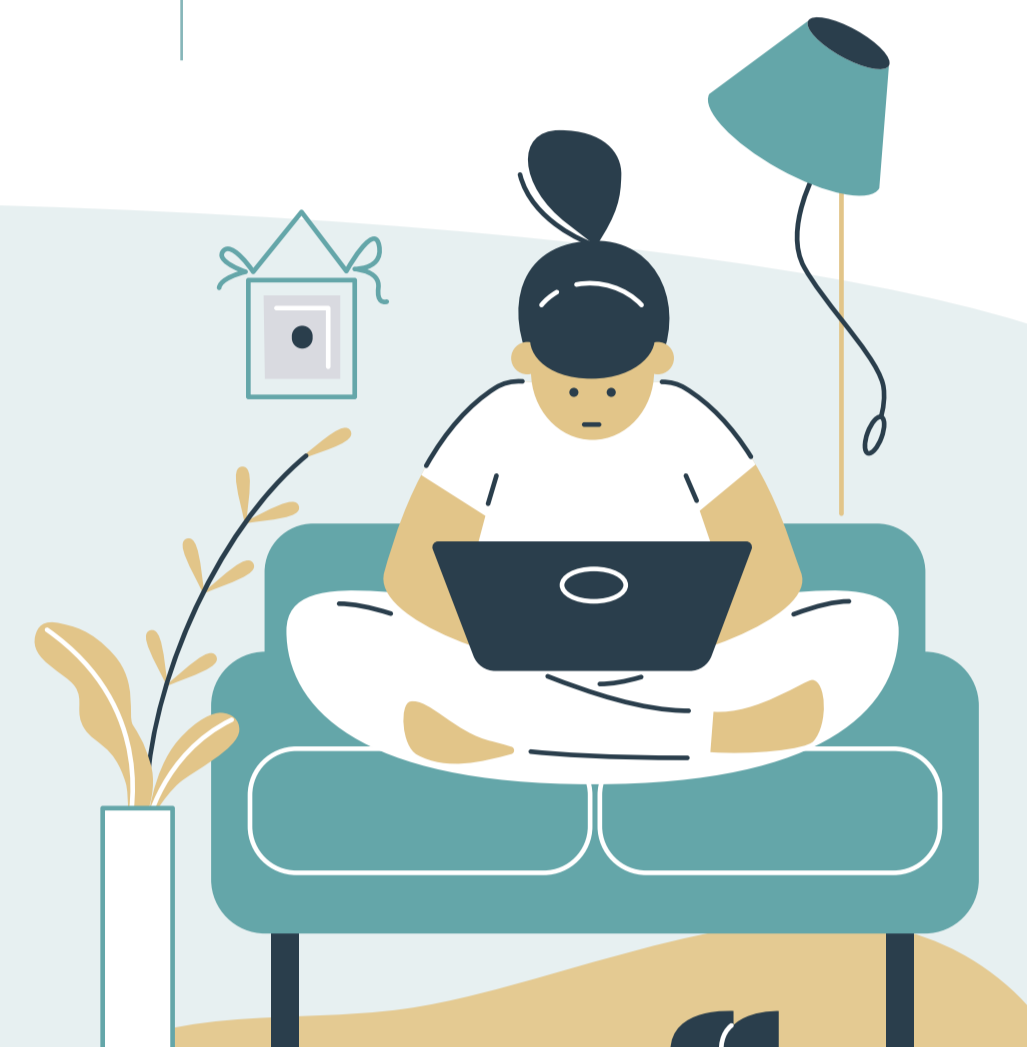
19%

Those who were unemployed and looking for work were nearly **twice as likely to feel extremely stressed** over the past month (19%) than those who were employed (11%).



7-8 HOURS

56% of respondents who work forty or more hours a week reported sleeping an **average of 7-8 hours a night** while only 47% of those who work less than 40 hours a week reported getting the same amount of sleep.



Employment Status



Urbanicity



Those in an **urban area** were most likely to report **lack of sleep affects their productivity a few times a week**, while those in a rural area were most likely to report lack of sleep affects their productivity a few times a month.



Those in an **urban area** were **twice as likely to feel extremely stressed** over the past month (18%) compared to those in a rural (8%) or suburban area (8%).

7:24

Gen Z reported getting the **most sleep** each night with **7 hours and 24 minutes**, while Gen X reported getting the **least** with **6 hours and 36 minutes**.

+42

Gen Z, who reported getting the most sleep each night with 7 hours and 24 minutes, got **42 more minutes of sleep than Millennials**, 48 more minutes of sleep than Gen X, 42 more minutes of sleep than Baby Boomers, and 6 more minutes of sleep than Traditionalists.

3X

Gen X was more likely to take **three times longer to fall asleep** (most selected needing between 21 and 30 minutes to fall asleep) than Gen Z and Millennials (most selected needing between 5 and 10 minutes to fall asleep).

3X

Gen Z, Millennials, and Gen X were **three times more likely** than Baby Boomers to report lack of sleep affects their productivity every day.

2X

Gen Z, Millennials, and Gen X were **twice as likely** to feel **extremely stressed** over the past month than Baby Boomers and Traditionalists.



Generational Differences

1-2 HOURS

Those diagnosed with anxiety were most likely to need between **1 to 2 hours** to fall asleep.



Those diagnosed with anxiety or depression were most likely to report **lack of sleep affects their productivity** a few times a week.

3X

Those diagnosed with anxiety or depression were **three times more likely to feel extremely stressed** over the past month.

Medical Conditions

