

Women reported shorter sleep more often, US survey shows

Bohemian Research survey of 504 US respondents, conducted through MultiPolls, Golden Surveys and RewardRoo.

52.4%

reported sleeping less than 7 hours
on average

29.6%

selected 6 hours, the most common
answer

22.8%

said they sleep less than 5 hours on
average

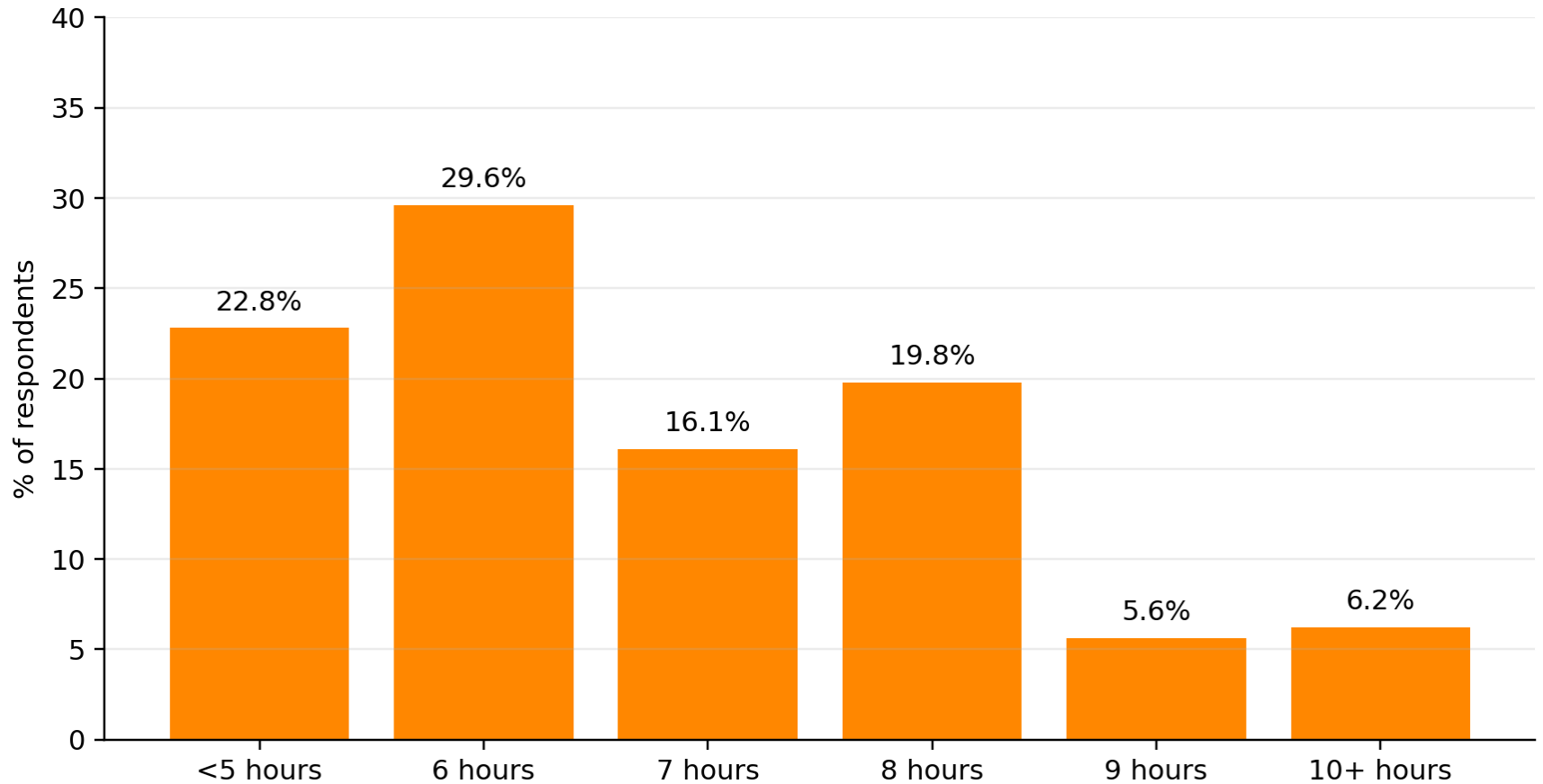
Key findings

- 52.4% of respondents said they sleep less than 7 hours on average.
- The most common answer was 6 hours, selected by 29.6% of respondents.
- 22.8% said they sleep less than 5 hours on average.
- Women reported shorter sleep more often than men: 55.2% vs. 49.3%.
- Shorter sleep was most common among respondents aged 45 to 59 (63.4%).
- Respondents with a bachelor's degree or higher were less likely to report less than 7 hours (37.7%).

More than half reported less than 7 hours

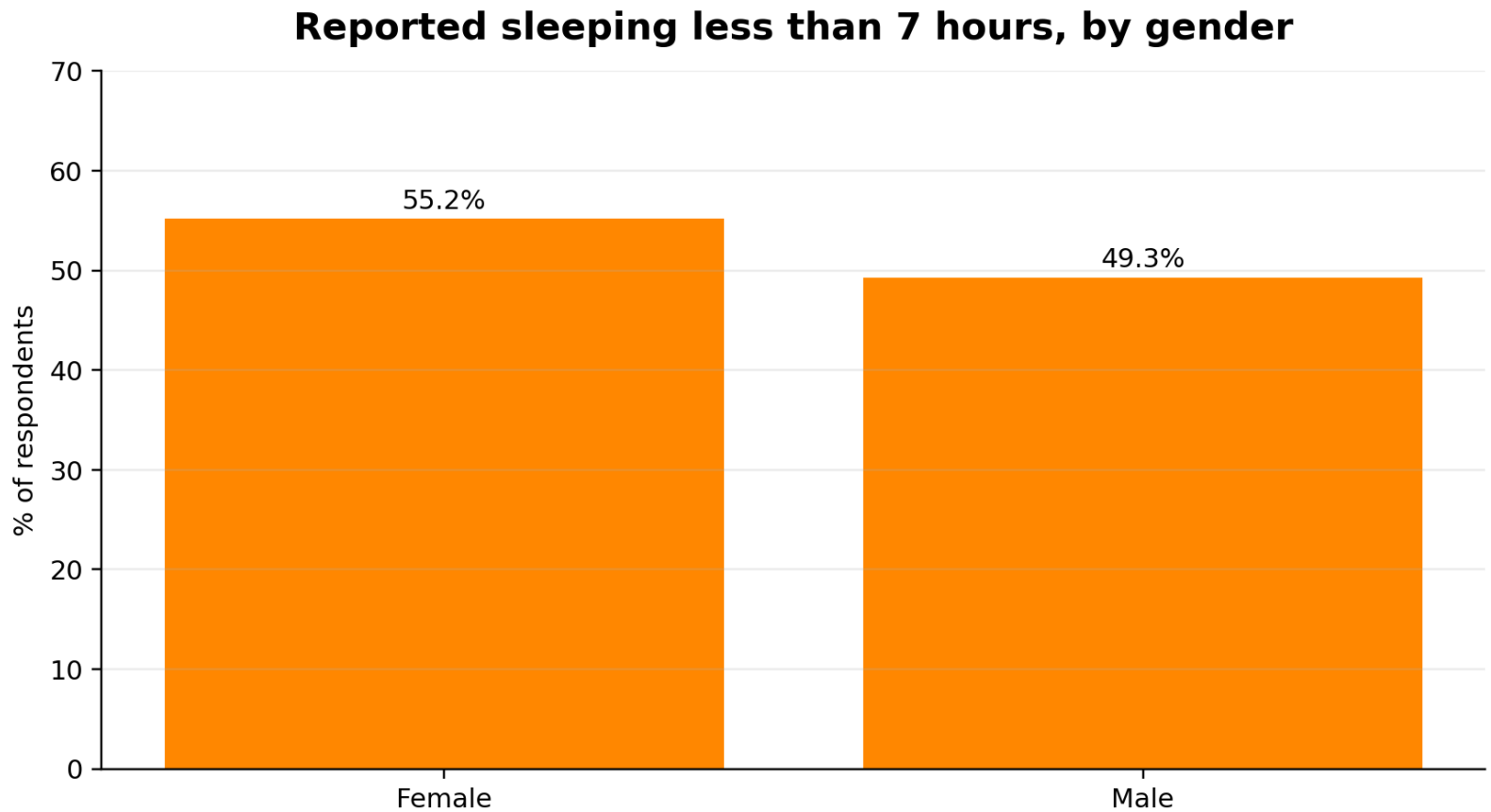
Overall, 52.4% of respondents selected either less than 5 hours or 6 hours. The most common response was 6 hours.

Average sleep reported by respondents



Women reported shorter sleep more often

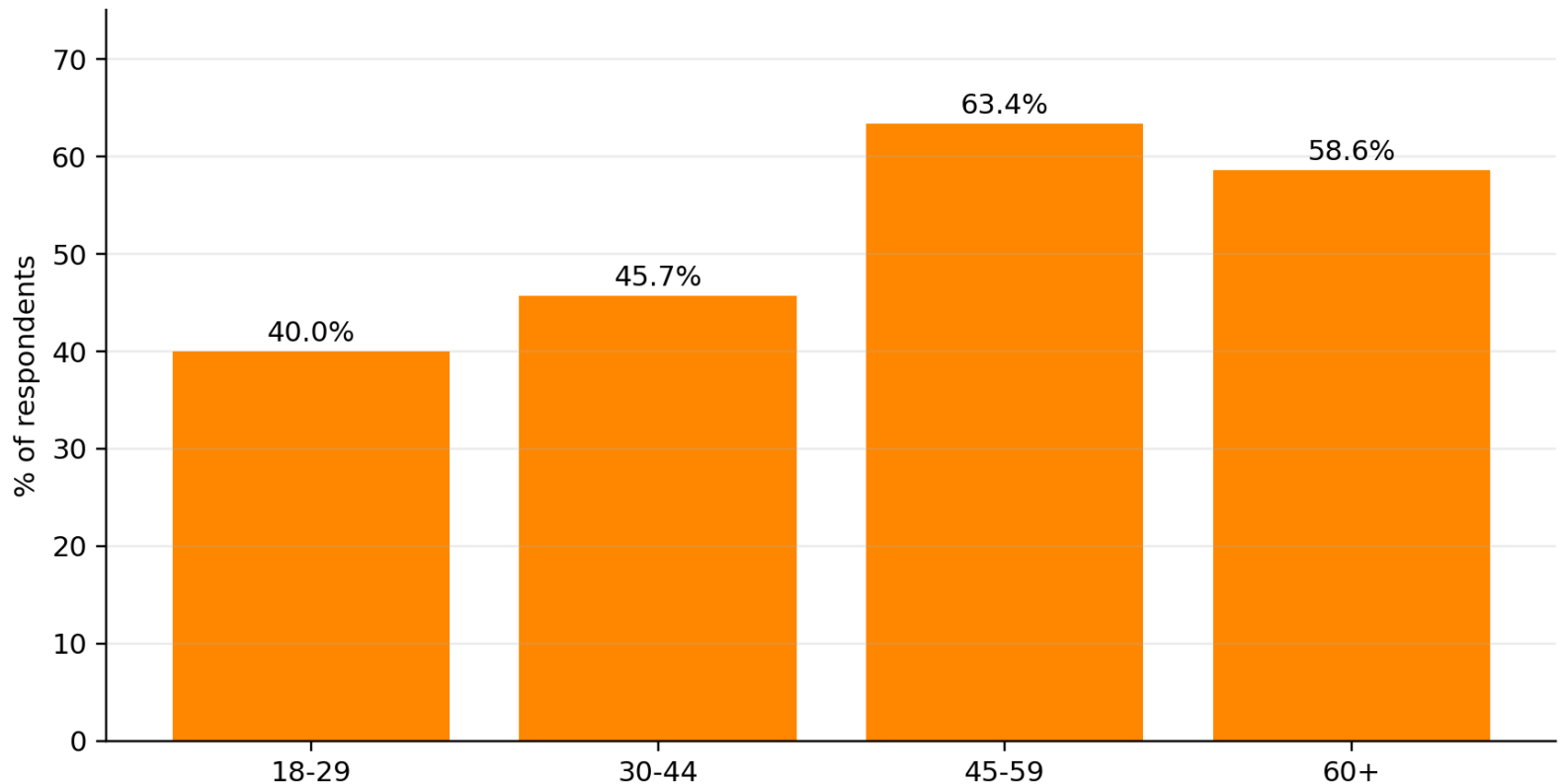
Less than 7 hours of sleep was reported by 55.2% of women and 49.3% of men in the survey.



Shorter sleep was most common among ages 45 to 59

Among respondents aged 45 to 59, 63.4% reported less than 7 hours of sleep. The share was lowest among respondents aged 18 to 29.

Reported sleeping less than 7 hours, by age



Methodology

The survey was conducted on April 22, 2026 through Bohemian Research respondent apps MultiPolls, Golden Surveys and RewardRoo. The analysis included 504 complete responses from respondents in the United States. Respondents answered the question: “How many hours do you sleep on average?” Results are presented for respondents included in the survey and were not weighted.

Contact

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