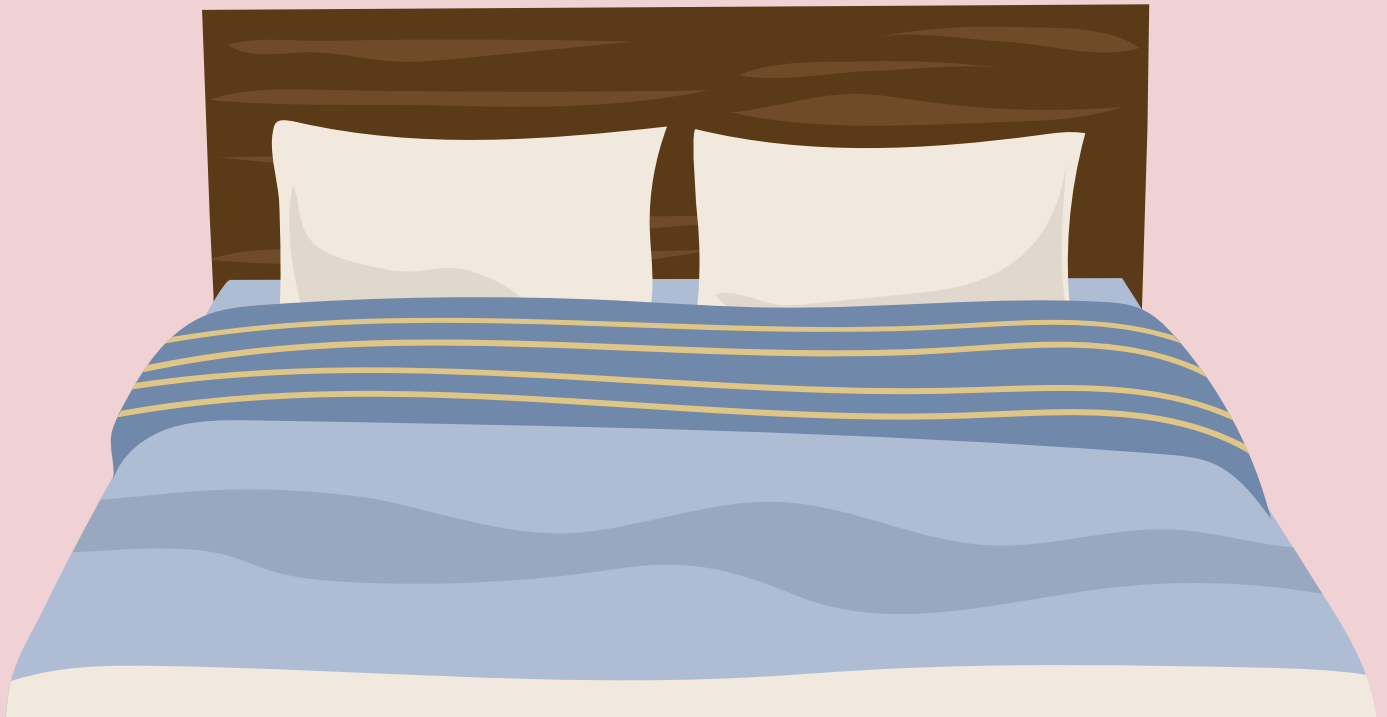


Half Asleep

Why Addressing Sleep Health
In Women Matters



2024 SURVEY

Conducted by Aeroflow Sleep
Over 1,000 Women Surveyed

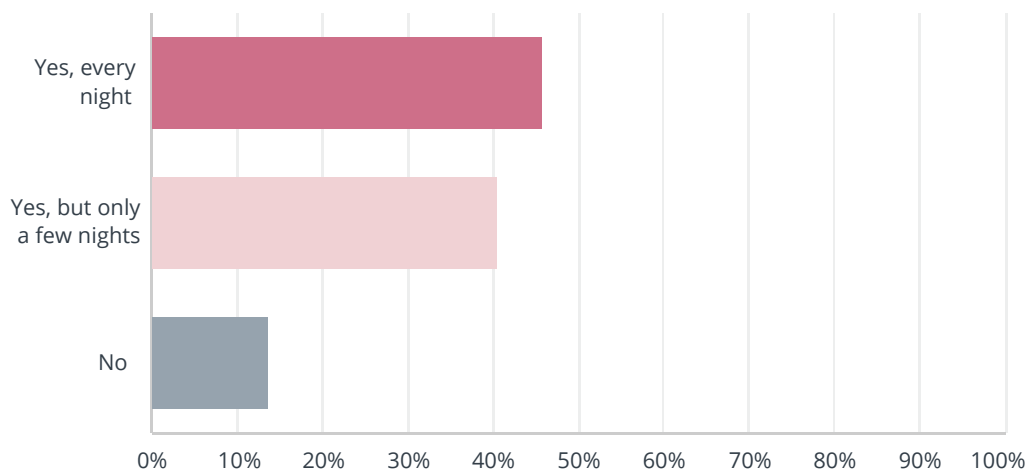
While sleep apnea is often thought of as a condition that primarily affects men, the reality is that **1 in 5 women suffer from sleep apnea — yet 90% of them are unaware of it.** This hidden health issue is just one example of how women's sleep health is often overlooked.

At Aeroflow Sleep, we're committed to changing that. We recently surveyed over 1,000 women to shed light on the sleep challenges they face. By sharing these insights, we aim to empower women with the knowledge, resources, and support they need to prioritize their sleep health and seek the care they deserve.



Q1 Do you have difficulty sleeping at night?

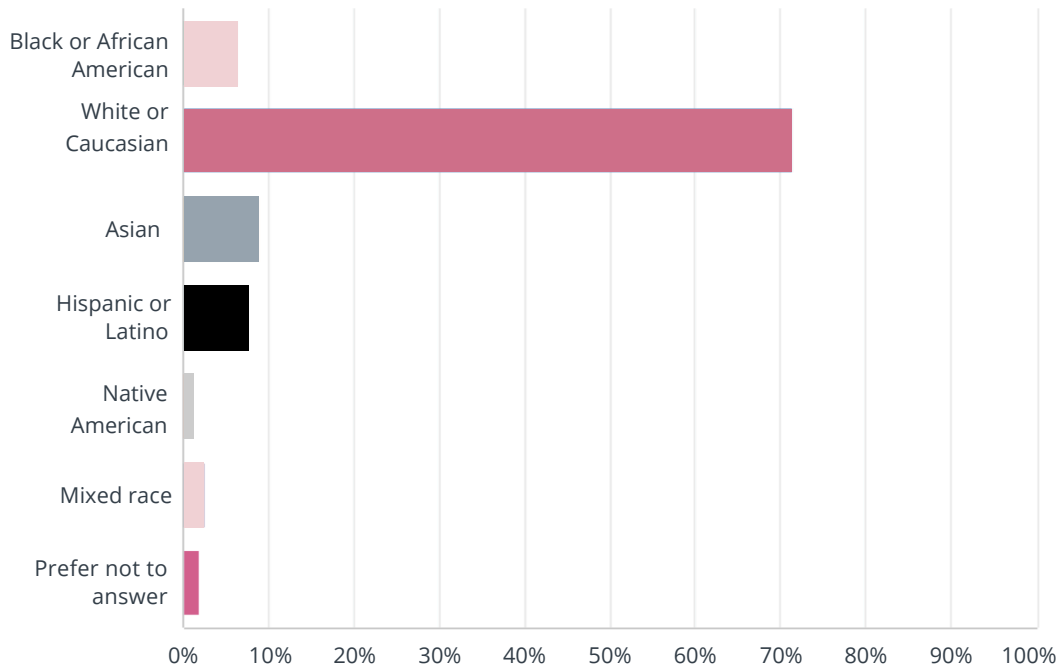
Answered: 1,271 Skipped: 0



ANSWER CHOICES	RESPONSES
Yes, every night	45.87% 583
Yes, but only a few nights	40.44% 514
No	13.69% 174
TOTAL	1,271

Q2 What race/ethnicity best describes you?

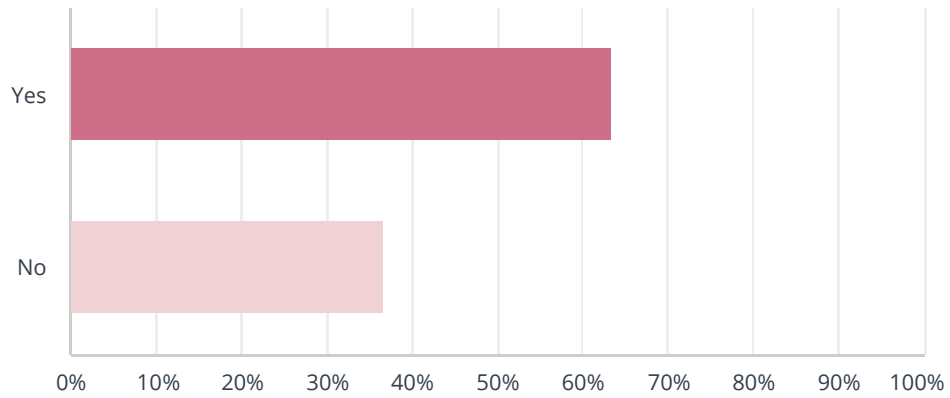
Answered: 1,089 Skipped: 182



ANSWER CHOICES	RESPONSES	
Black or African American	6.43%	70
White or Caucasian	71.53%	779
Asian	8.91%	97
Hispanic or Latino	7.71%	84
Native American	0.92%	10
Mixed race	2.57%	28
Prefer not to answer	1.93%	21
TOTAL		1,089

Q3 Do you snore or have you been told that you snore?

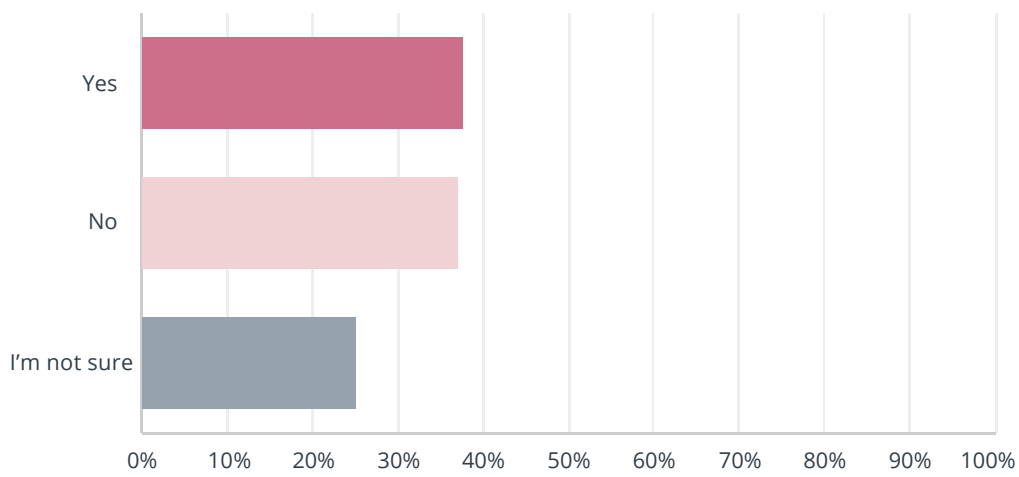
Answered: 1,089 Skipped: 182



ANSWER CHOICES	RESPONSES	
Yes	63.36%	690
No	36.64%	399
TOTAL		1,089

Q4 Do you have any sleep disorders, such as sleep apnea or insomnia?

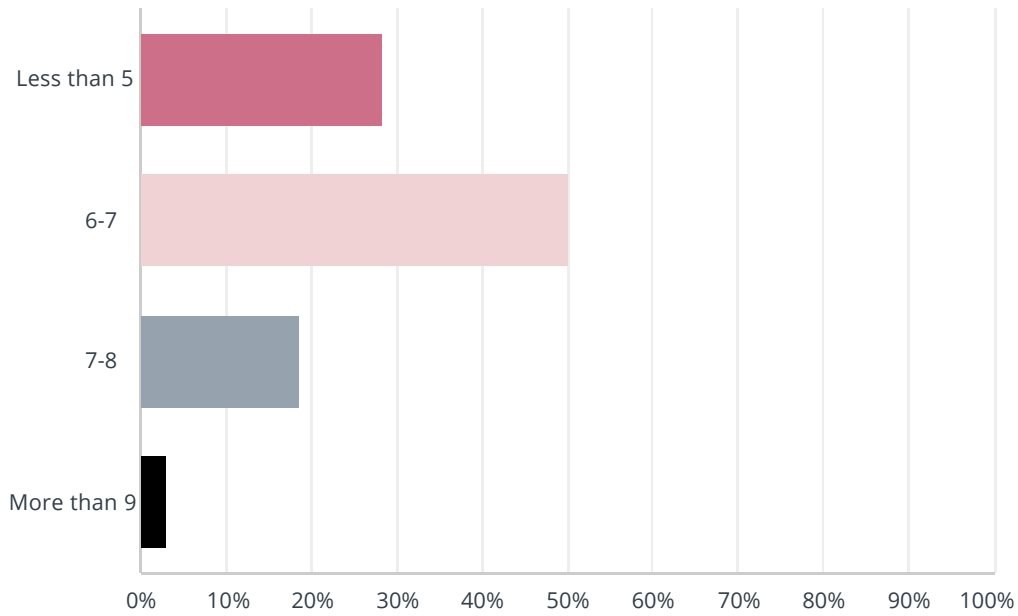
Answered: 1,089 Skipped: 182



ANSWER CHOICES	RESPONSES	
Yes	37.74%	411
No	37.10%	404
I'm not sure	25.16%	274
TOTAL		1,089

Q5 On average, how many hours do you sleep every night?

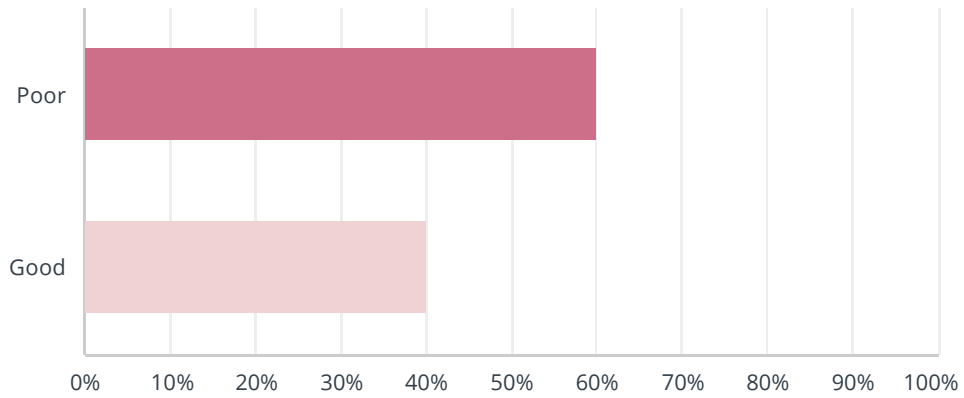
Answered: 1,089 Skipped: 182



ANSWER CHOICES	RESPONSES	
Less than 5	28.37%	309
6-7	50.05%	545
7-8	18.64%	203
More than 9	2.94%	32
TOTAL		1,089

Q6 How would you rate your sleep quality

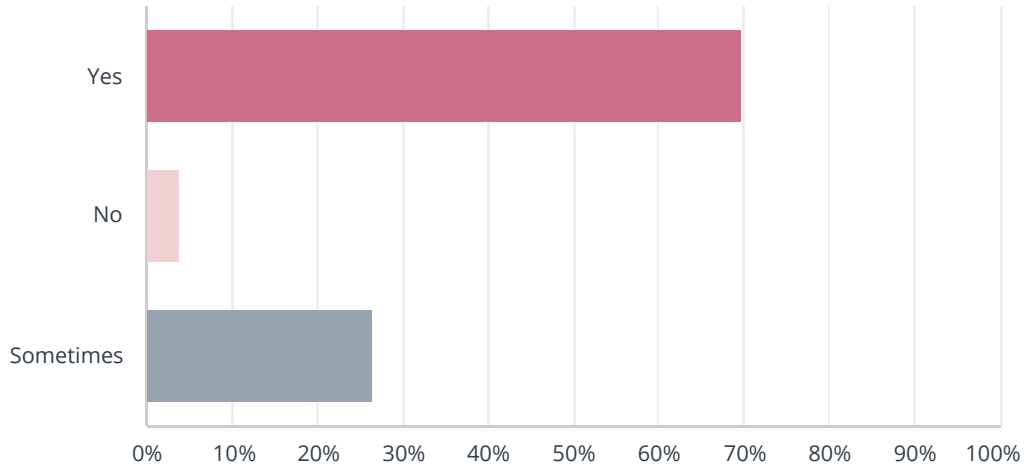
Answered: 877 Skipped: 394



ANSWER CHOICES	RESPONSES	
Poor	59.98%	526
Good	40.02%	351
TOTAL		877

Q7 Do you ever feel tired throughout the day?

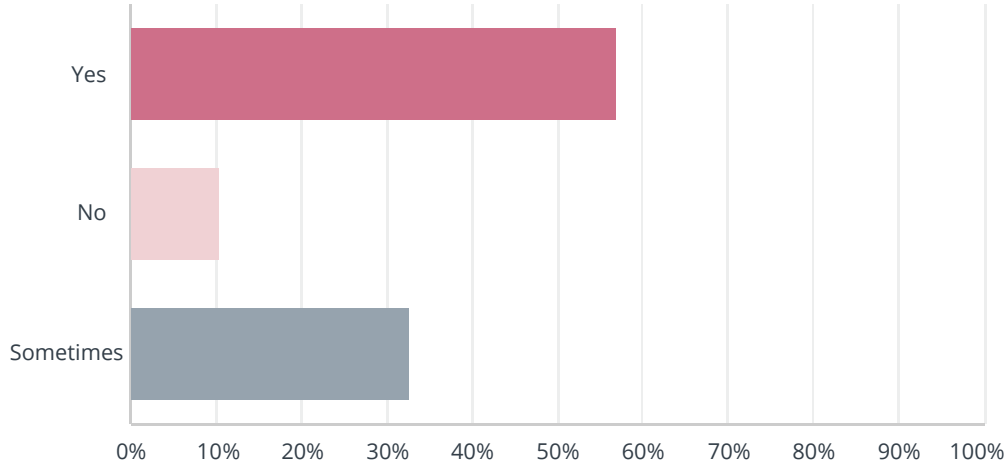
Answered: 1,089 Skipped: 182



ANSWER CHOICES	RESPONSES	
Yes	69.70%	759
No	3.76%	41
Sometimes	26.54%	289
TOTAL		1,089

Q8 Do you ever feel like you need a nap to function better throughout the day?

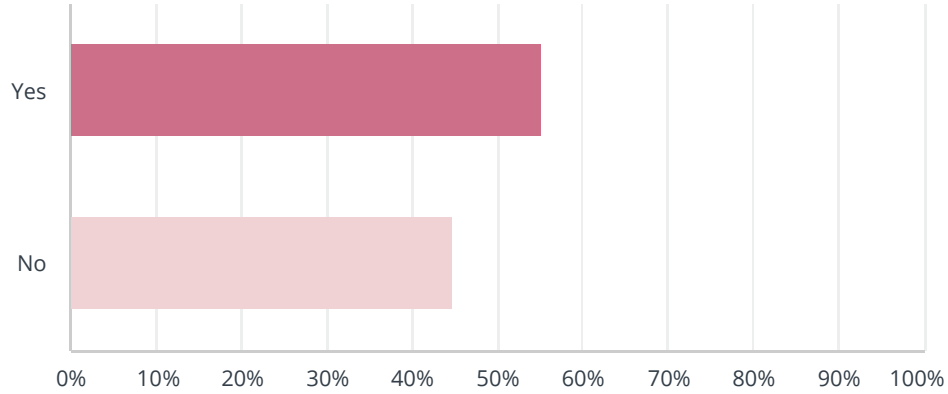
Answered: 1,089 Skipped: 182



ANSWER CHOICES	RESPONSES
Yes	56.84% 619
No	10.47% 114
Sometimes	32.69% 356
TOTAL	1,089

Q9 Have you ever discussed your sleep issues or concerns with your doctor or other healthcare provider?

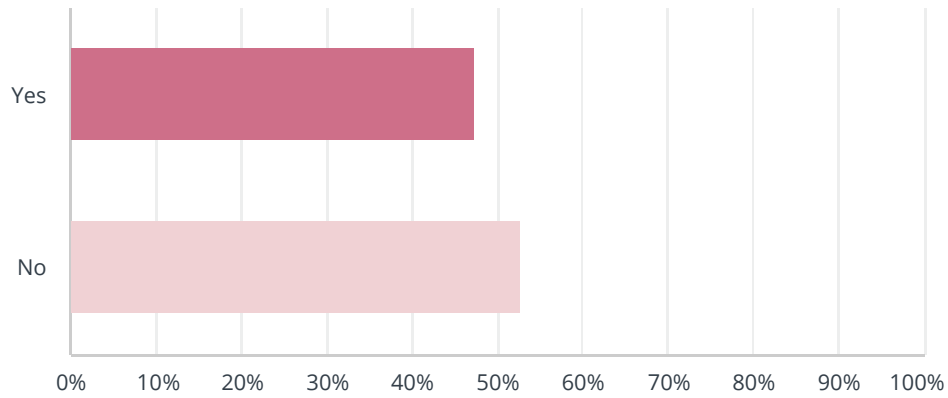
Answered: 1,089 Skipped: 182



ANSWER CHOICES	RESPONSES	
Yes	55.19%	601
No	44.81%	488
TOTAL		1,089

Q10 Has your doctor ever proactively asked you about your sleep quality?

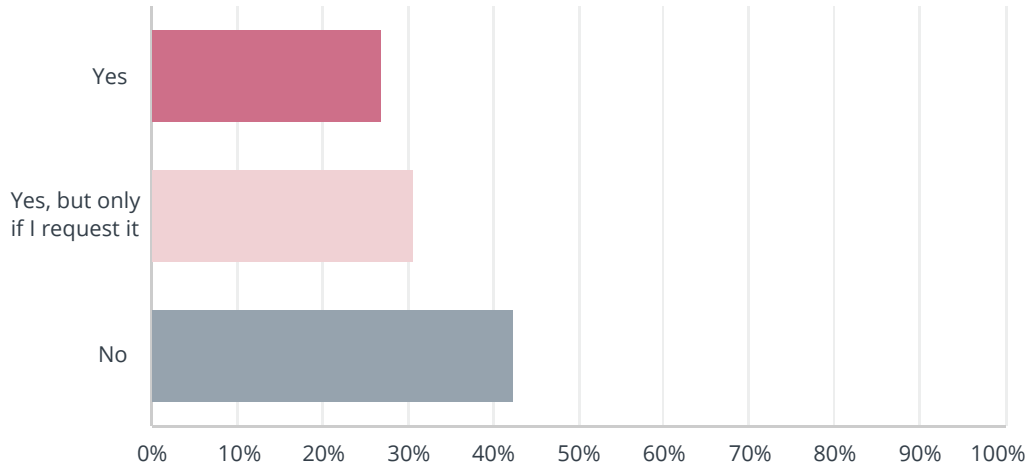
Answered: 1,089 Skipped: 182



ANSWER CHOICES	RESPONSES	
Yes	47.29%	515
No	52.71%	574
TOTAL		1,089

Q11 Does your healthcare provider provide you with any sleep health resources or supplies?

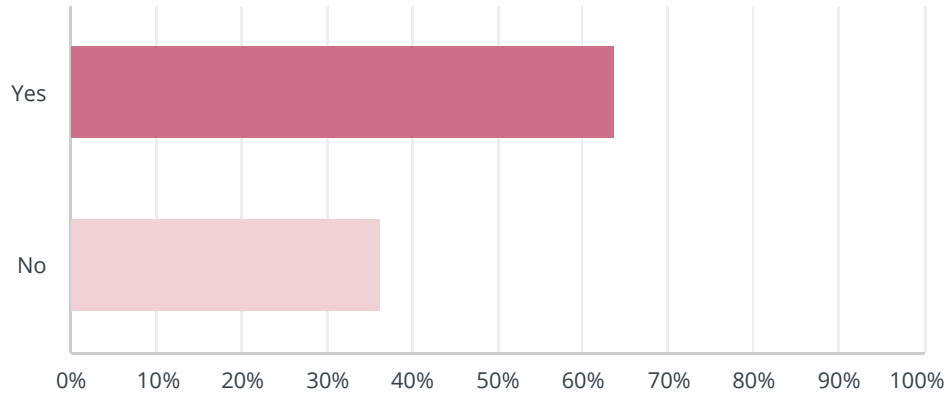
Answered: 1,089 Skipped: 182



ANSWER CHOICES	RESPONSES	
Yes	26.81%	292
Yes, but only if I request it	30.67%	334
No	42.52%	463
TOTAL		1,089

Q12 Do you feel your sleep is negatively impacting your day-to-day activities and ability to complete tasks?

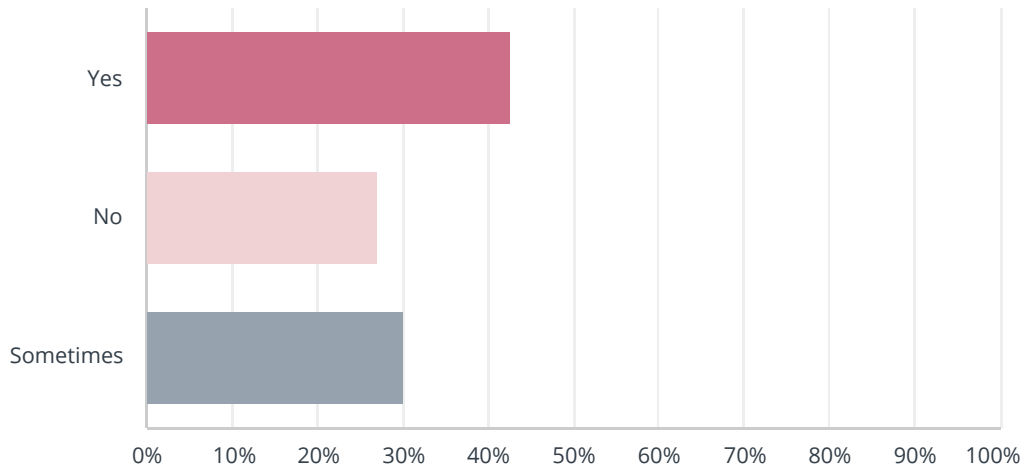
Answered: 1,089 Skipped: 182



ANSWER CHOICES	RESPONSES	
Yes	63.82%	695
No	36.18%	394
TOTAL		1,089

Q13 Do you feel your sleep is negatively impacting your mental health?

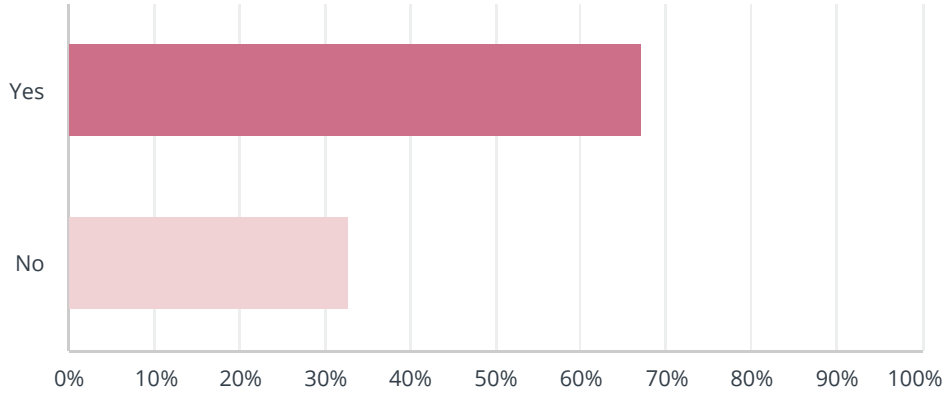
Answered: 1,089 Skipped: 182



ANSWER CHOICES	RESPONSES	
Yes	42.70%	465
No	27.18%	296
Sometimes	30.12%	328
TOTAL		1,089

Q14 Do you wish your healthcare provider offered more sleep health resources and best practices?

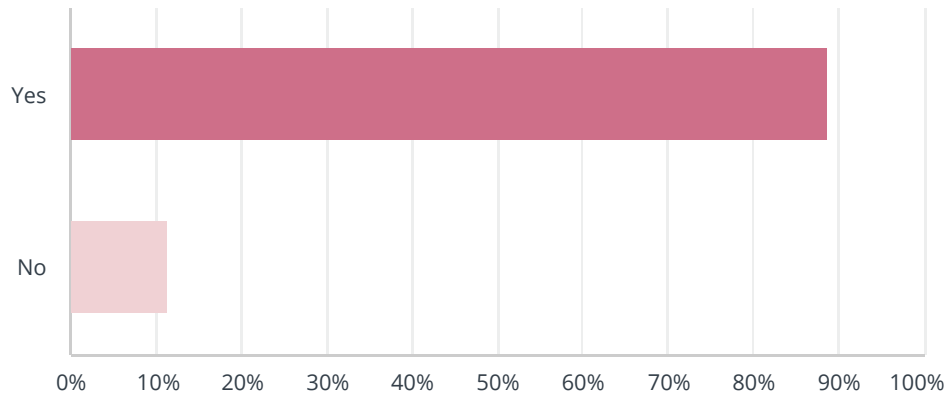
Answered: 1,089 Skipped: 182



ANSWER CHOICES	RESPONSES	
Yes	67.13%	731
No	32.87%	358
TOTAL		1,089

Q15 Do you feel more attention is needed towards women's sleep health?

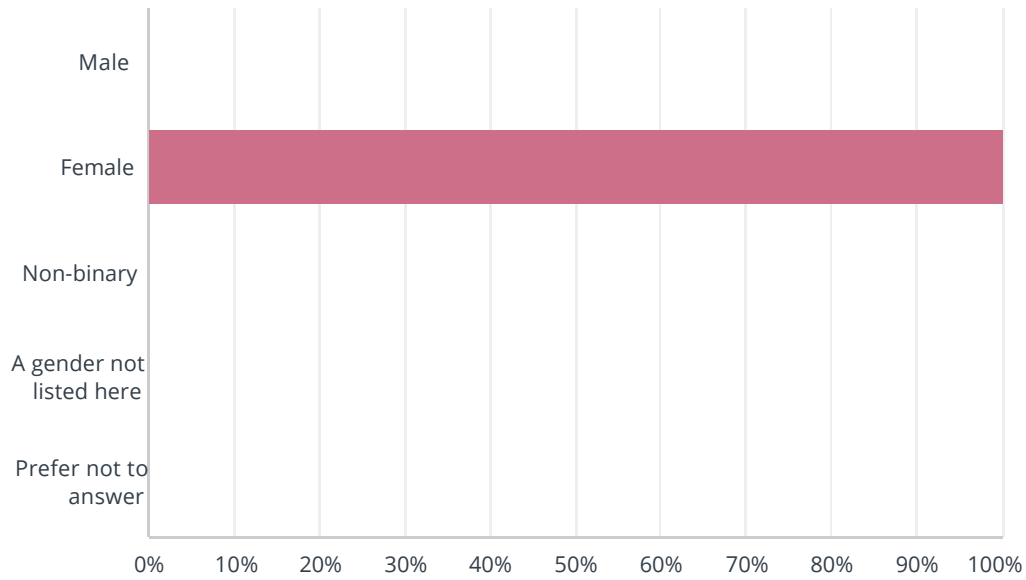
Answered: 1,089 Skipped: 182



ANSWER CHOICES	RESPONSES	
Yes	88.80%	967
No	11.20%	122
TOTAL		1,089

Q1 Gender

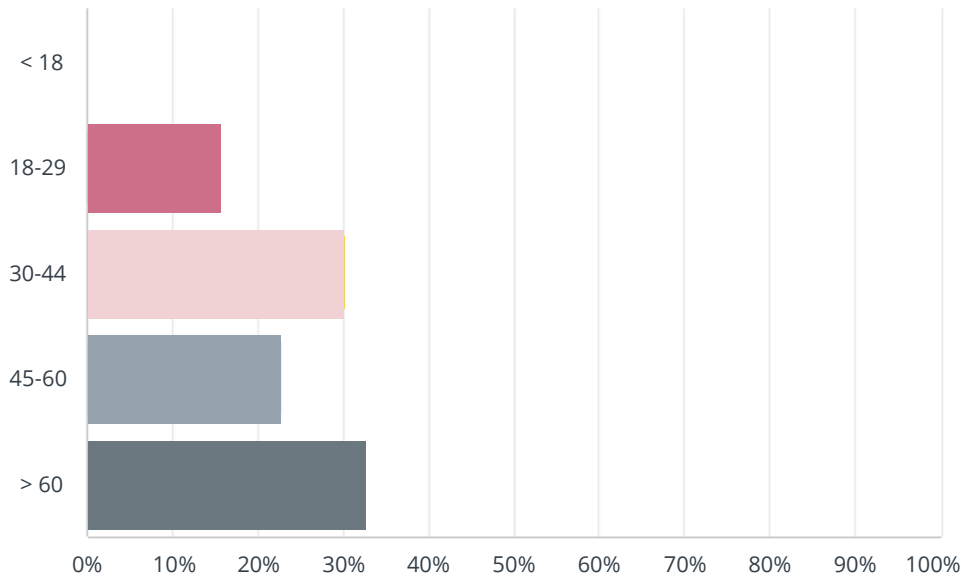
Answered: 1,261 Skipped: 10



ANSWER CHOICES	RESPONSES	
Male	0.00%	0
Female	100.00%	1,261
Non-binary	0.00%	0
A gender not listed here	0.00%	0
Prefer not to answer	0.00%	0
TOTAL		1,261

Q2 Age

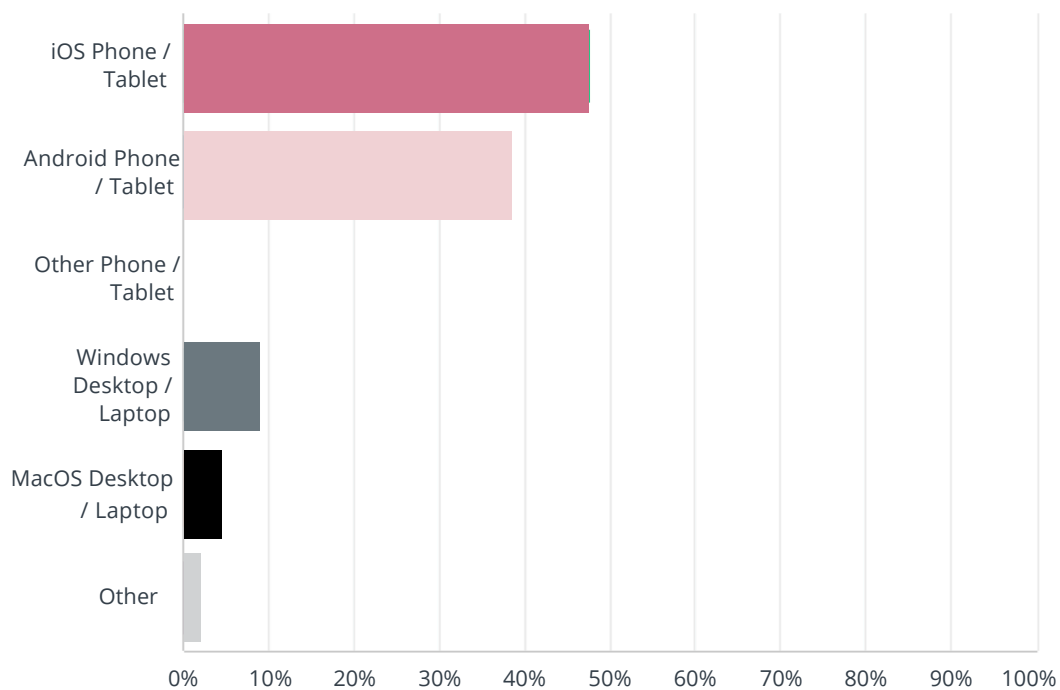
Answered: 1,261 Skipped: 10



ANSWER CHOICES	RESPONSES
< 18	0.00% 0
18-29	14.91% 188
30-44	30.21% 381
45-60	22.84% 288
> 60	32.04% 404
TOTAL	1,261

Q3 Device Type

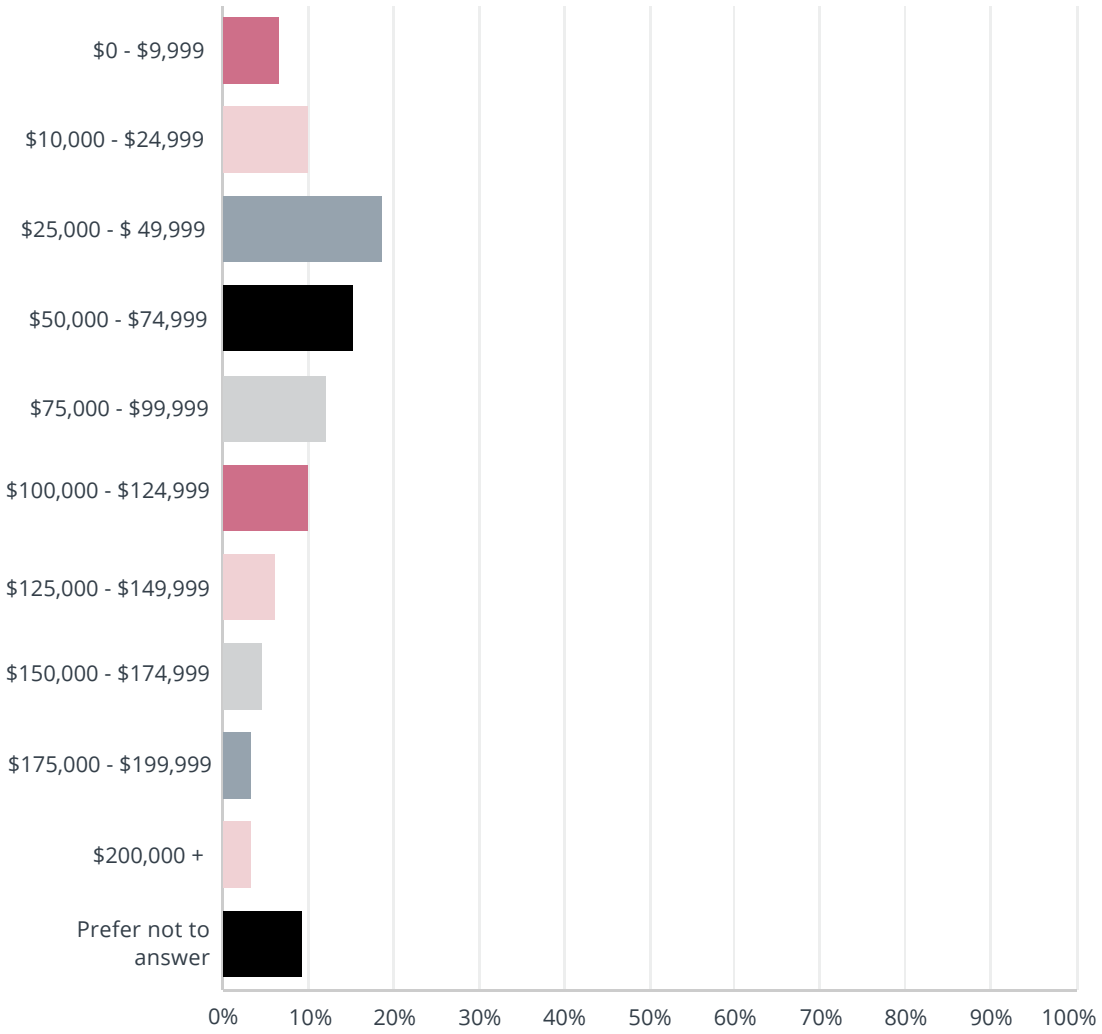
Answered: 1,261 Skipped: 10



ANSWER CHOICES iOS	RESPONSES
Phone / Tablet	47.66% 601
Android Phone / Tablet	38.22% 482
Other Phone / Tablet	0.00% 0
Windows Desktop / Laptop	8.88% 112
MacOS Desktop / Laptop	4.36% 55
Other	0.87% 11
TOTAL	1,261

Q4 Household Income

Answered: 1,261 Skipped: 10

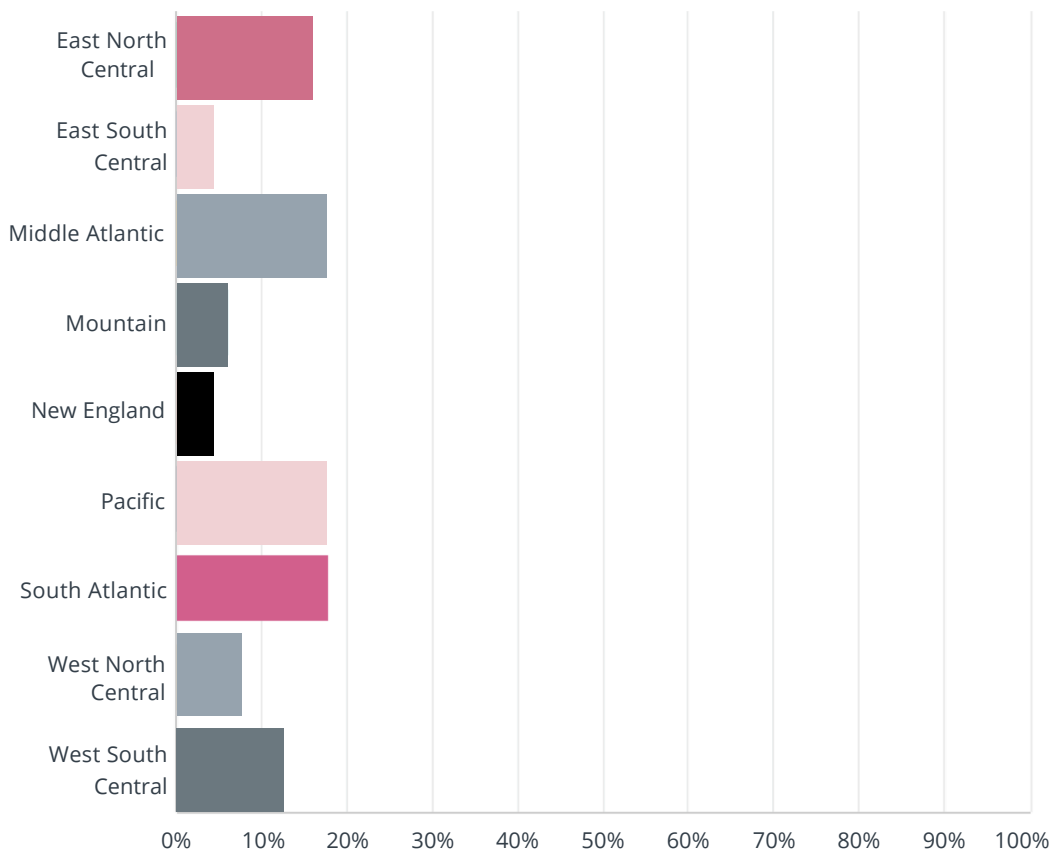


Aeroflow Sleep 2024

ANSWER CHOICES	RESPONSES	
\$0-\$9, 999	6. 58%	83
\$10, 000-\$24, 999	9. 99%	126
\$25, 000-\$49, 999	18. 79%	237
\$50, 000-\$74, 999	15. 38%	194
\$75, 000-\$99, 999	12. 13%	153
\$100, 000-\$124, 999	10. 07%	127
\$125, 000-\$149, 999	6. 19%	78
\$150, 000-\$174, 999	4. 76%	60
\$175, 000-\$199, 999	3. 49%	44
\$200, 000+	3. 33%	42
Prefer not to answer	9. 28%	117
TOTAL		1, 261

Q5 Major US Region

Answered: 1,241 Skipped: 30



ANSWER CHOICES	RESPONSES	
East North Central	15.31%	190
East South Central	4.19%	52
Middle Atlantic	17.08%	212
Mountain	6.12%	76
New England	3.79%	47
Pacific	17.24%	214
South Atlantic	17.97%	223
West North Central	6.53%	81
West South Central	11.76%	146
TOTAL		1,241