5 to 20% have a short-term insomnia disorder, which lasts less than three months.

30% of the population suffers from insomnia during their lifetime.

10% have a chronic insomnia disorder, which occurs more than three times per week for at least three months.

>50% of Americans lose sleep due to stress and/or anxiety.

4% of US adults use sleep aids each year.

30-35% have brief symptoms of insomnia.

10% of people over the age of 60 suffer from insomnia.

37% of people have driven while feeling sleepy while driving.

60% of people have driven while feeling sleepy while driving.

27% of people admit to having fallen asleep by the wheel in the past year.

40%-60% of people over the age of 60 suffer from insomnia.

35% of people who suffer from depression also experience insomnia.

90% of people who suffer from insomnia also experience insomnia.