

## lgbtq+ sleep survey results

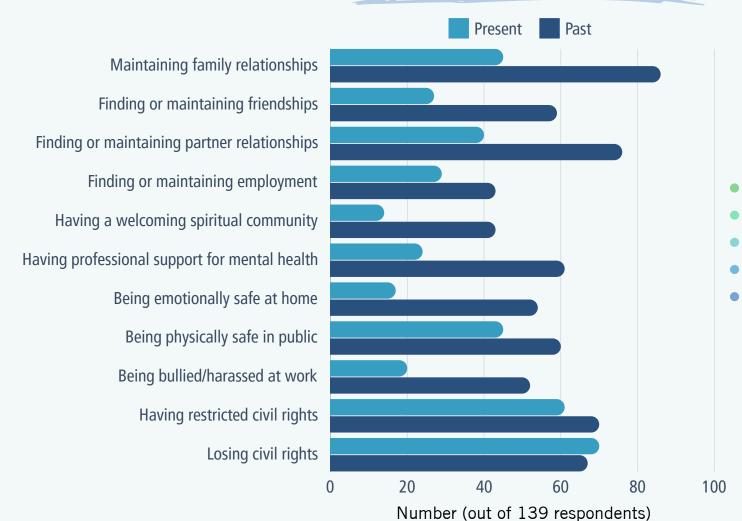
How identity and sleep health are intertwined for LGBTQIA+ members of our community

In June 2023, Project Sleep launched the LGBTQ+ Sleep Survey to hear first-hand how the experiences of LGBTQIA+ people impact their sleep.

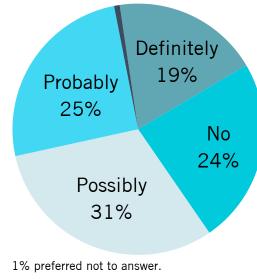
We're proud to share insights and takeaways from current survey results to encourage discussion and forward momentum for LGBTQIA+ sleep equity.



We asked: "Have you had concerns about any of these for reasons connected to your gender and/or sexual orientation?"



And: "In your opinion, have any of these concerns impacted your sleep in a negative way?"

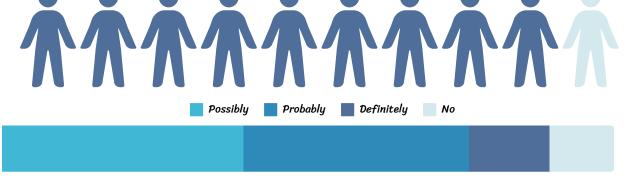


"Worrying about my safety, relationships, ability to have a family, losing civil rights, losing friends to violence, negligence, or suicide — all of these thoughts increase my anxiety and disrupt my sleep pattern."

**90%** 

concerns connected to their gender and/or sexual orientation may have negatively impacted their sleep.

of trans and nonbinary respondents said

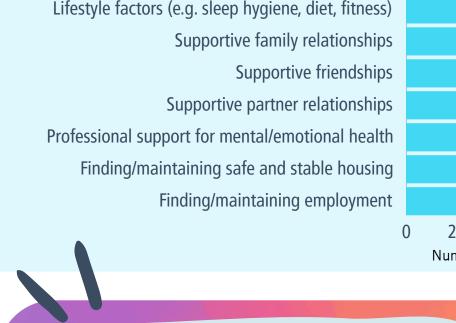


know what can help. So we asked:

We also wanted to

your sleep in a positive way?"

"Which of these have impacted



Finding effective medical treatment for sleep problems



symptoms I have."

"The more I can live my truth and find a community to support and belong in, the fewer sleep disorder

"Having a solid support system and stability in life frees me to focus on my

sleep hygiene and health."

"It is extremely important for you to listen to us and help us access information."

Results are from an anonymous, online survey conducted by Project Sleep starting in June 2023.

Data is current as of June 2024, with 139 survey respondents at the time of publication.

The LGBTQ+ Sleep Survey is ongoing. Learn more and participate at project-sleep.com/lgbtq-sleep-survey-results