

# lgbtq+ sleep survey results

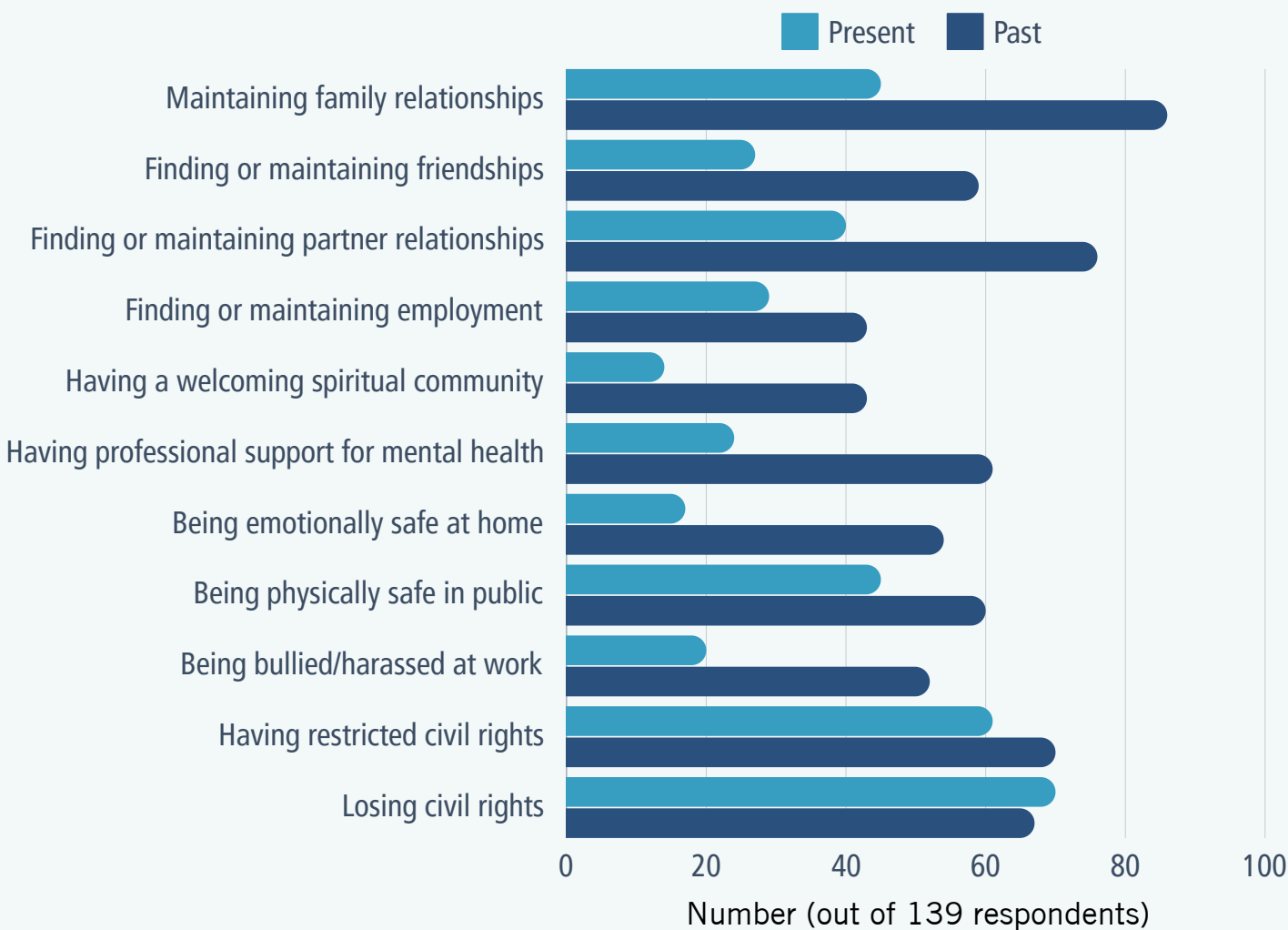
How identity and sleep health are intertwined for LGBTQIA+ members of our community

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

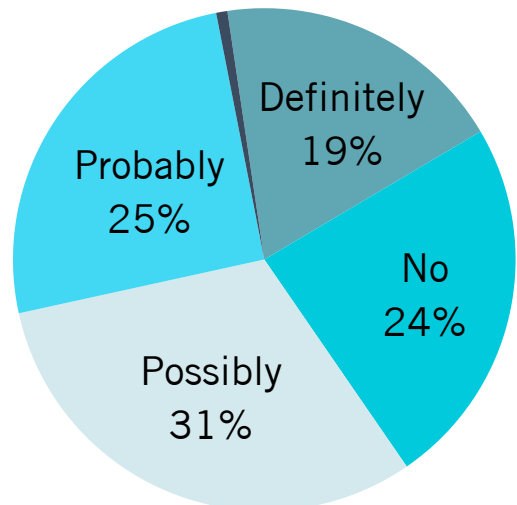
We're proud to share insights and takeaways from current survey results to encourage discussion and forward momentum for LGBTQIA+ sleep equity.



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



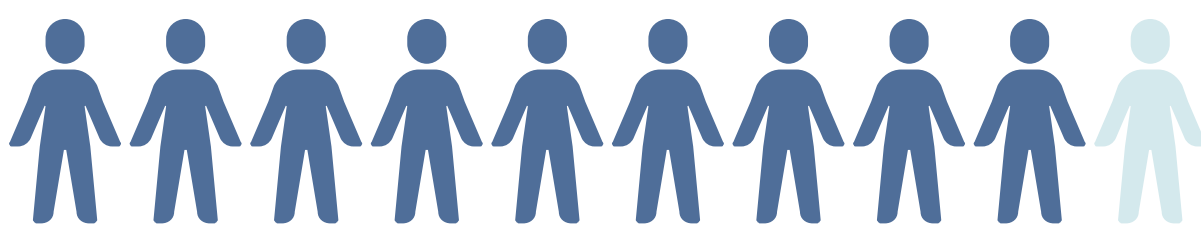
And: "In your opinion, have any of these concerns impacted your sleep in a negative way?"



"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."

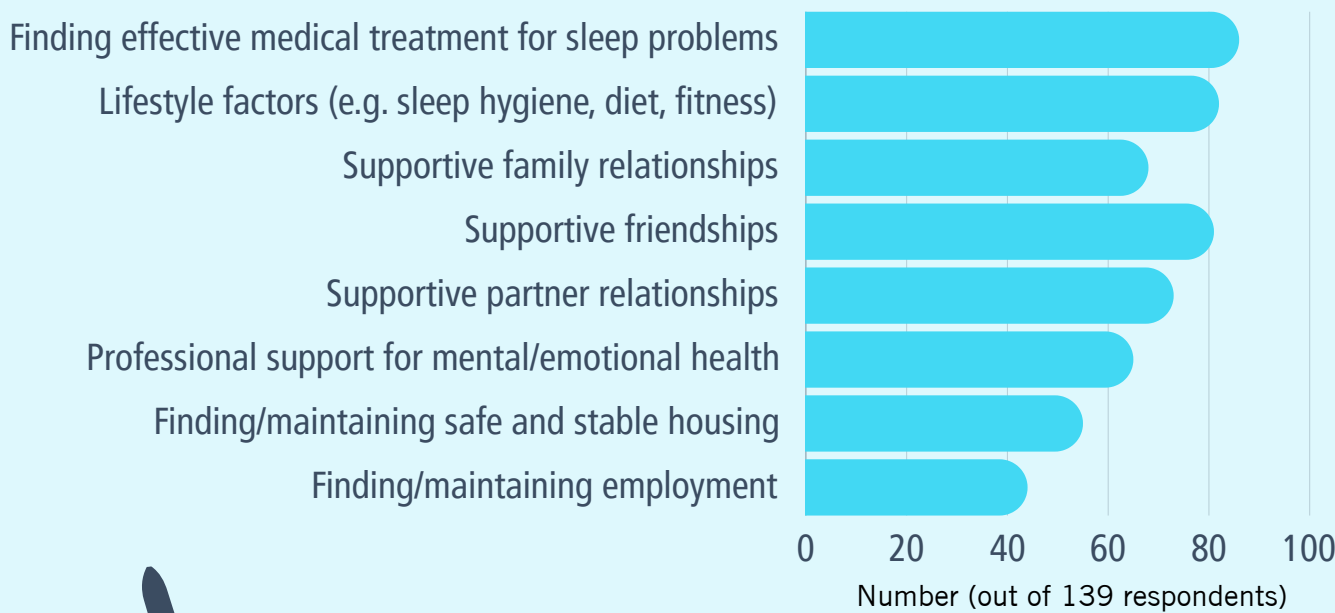
90%

of trans and nonbinary respondents said concerns connected to their gender and/or sexual orientation may have negatively impacted their sleep.



We also wanted to know what can help. So we asked:

"Which of these have impacted your sleep in a positive way?"



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

"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."