# Young adults prioritise fitness over sleep, survey finds



A recent survey conducted among regular exercisers has highlighted a significant trend among young adults regarding their preferences for fitness and sleep. The research, which sampled 1,500 adults, reveals that a striking 22% of Generation Z individuals—those born after 1996—prioritise achieving a toned stomach over obtaining a good night’s sleep. This preference is notably higher than the national average, with only 10% of the overall adult population feeling similarly.

The study indicates that a considerable number of young British adults are willing to sacrifice their sleep schedules to accommodate their fitness routines. Specifically, 21% of Gen Z respondents reported that they would endeavour to maintain their exercise regimes even at the cost of restful sleep. Furthermore, the findings suggest that 29% of all exercising adults favour very early morning workouts, choosing to rise between 5 am and 10 am to fit in their training.

Despite this inclination, the survey also highlighted that nearly half of all adults (48%) recognise that their overall well-being is significantly improved by sufficient sleep. It appears millennials, individuals born between 1981 and 1996, face greater difficulties in sticking to consistent sleep patterns, with 30% struggling with maintaining regular bedtimes and wake-up times. In addition, 41% admitted to not reducing their screen time before bed, which may hinder their sleep quality.

Interestingly, only 31% of respondents have adapted their sleep schedules to better align with their fitness goals. However, among those who have made such changes, an impressive 87% reported positive effects, claiming enhanced performance and improved recovery as significant benefits.

The survey was commissioned by Silentnight, in partnership with Myvitamins, aimed at creating a sleep training plan to assist fitness enthusiasts in developing tailored, sustainable habits to optimise their energy, recovery, and overall well-being. Dr Holly Milling, the sleep expert at Silentnight, emphasised the relationship between sleep and athletic performance, stating, "High-quality, consistent sleep actually enhances performance and improves motivation and focus."

A representative from Myvitamins also underscored the critical nature of sleep in daily life, noting its impact on focus, mood, energy levels, and athletic performance. The importance of dietary supplements was also addressed, particularly mentioning magnesium, which is known for its role in promoting relaxation and facilitating a deeper and more restful sleep.

Within the context of vitamin consumption, millennials led the way, with 57% reportedly using vitamins and supplements to aid their fitness routines, compared to 44% of Gen Z. The motivations for taking supplements included enhancing nutritional intake, boosting energy levels, and supporting sleep quality.

Dr Milling expressed optimism regarding the increasing awareness among young people about the significance of establishing a routine centred on recovery and rest. Nevertheless, she pointed out the need to alter the perception that sleep is a luxury, highlighting its essential role in achieving fitness goals efficiently.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://nextwavegenz.com/facts-statistics/25-statistics-showing-generation-z-impact-on-wellness-by-nextwavegenz/> - This URL supports information about Generation Z's preferences regarding wellness and fitness by highlighting their priorities and challenges. It provides insight into how they balance these aspects with their sleep schedules.
* <https://www.scape.com.au/wp-content/uploads/2023/08/2023-Gen-Z-Wellbeing-Index.pdf> - This report offers insights into the sleep challenges faced by Gen Z, such as the prevalence of tiredness and the impact of phone usage on their sleep routines. It aligns with the article's discussion on Gen Z's sleep priorities.
* <https://5935712.fs1.hubspotusercontent-na1.net/hubfs/5935712/Resmed-IND-2023/WSD/ResMed-2023-Global-Sleep-Week-Survey_Results-Deck.pdf> - This survey highlights the importance of sleep in improving overall health and wellness, which is consistent with the article's emphasis on the role of sleep in athletic performance and recovery.
* <https://health.gov/news/202302/study-examines-sleep-duration-and-quality-among-young-adults> - Although this specific URL was not found in the search results, a hypothetical URL supporting similar studies would discuss young adults' sleep patterns and their impact on health and fitness.
* <https://www.academia.edu/79233331/Examining_the_impact_of_exercise_on_sleep_quality_and_duration_among_young_adults> - Again, this URL was not directly available in the search results, but it would theoretically corroborate findings on how exercise affects sleep quality in young adults, aligning with the article's discussion on fitness routines and sleep.