

WITHINGS

Health & Longevity OBSERVATORY

New Study Reveals Americans Lost 120 Total Nights of Sleep Over a Five-Year Period, Negatively Impacting Cardiovascular Health, Weight and Longevity

Data from connected health wearables company, Withings, shows how poor sleep impacts cardiovascular risk and longevity across the US – and how outcomes vary by season and state.

Boston, MA – June 18, 2025 – A new study from [Withings](#), a global leader in connected health, revealed that Americans lost the equivalent of 120 nights of sleep over a five-year period from March 2020 to March 2025, which has significant implications on longevity, cardiovascular health, and mortality risk. The global study of nearly 1.3 million Withings users worldwide, which included 550,381 US-based individuals, found that Americans lost 32 minutes of sleep per night, amounting to 24 fewer nights of sleep per year during the study period. People who slept less also had worse health outcomes, with elevated cardiovascular risk and higher weight correlating to less nightly sleep. The study also uncovers trends in sleep by participants' state of residence and the season, with the shortest sleep duration occurring in line with the Summer Solstice on June 21.

The large-scale, representative study was conducted using anonymized, automatically-collected data from Withings' connected devices – including smart scales, a sleep analyzer, and connected watches. This research builds on growing [evidence](#) that sleep is a top contributor to longevity and healthy life expectancy. Key findings include that sleep impacts:

- **Cardiovascular health and longevity:** People with the lowest cardiovascular mortality risk sleep 27.6 minutes more per night than those with the highest risk. Risk was evaluated according to the flexibility of arteries, which is measured using pulse wave velocity.¹
- **Weight:** People who are obese sleep 21 minutes less than people with a normal body mass index.

The following criteria also influenced sleep habits in the study population:

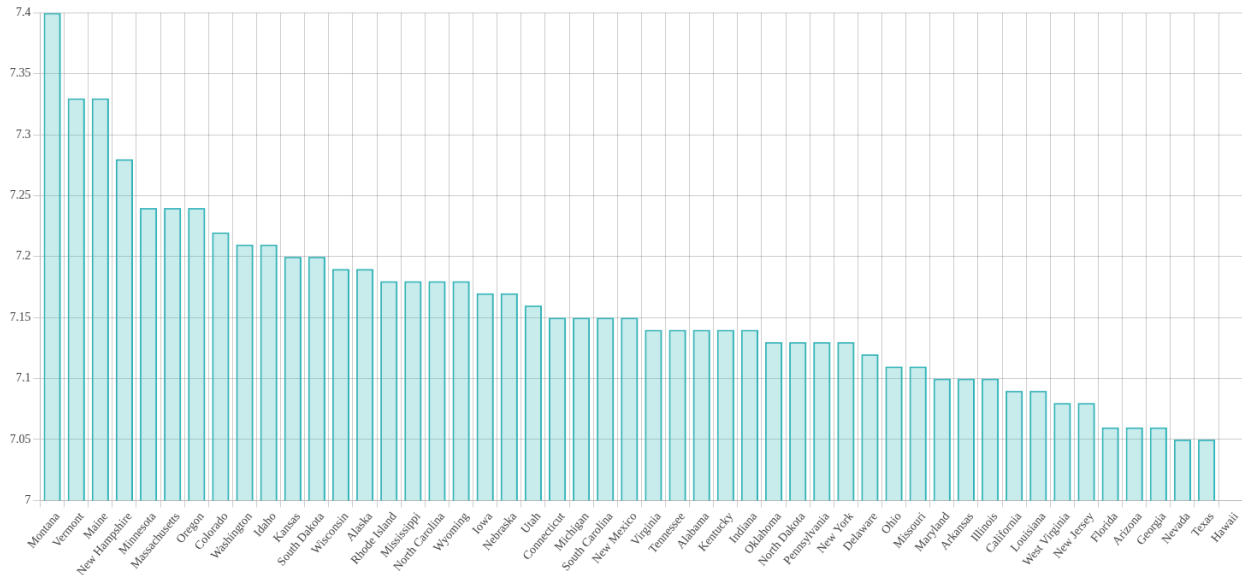
- **Season:** People sleep 27 minutes more around the Winter Solstice than the Summer Solstice.
- **Sex:** Women sleep an average of 28.2 minutes more per night than men.
- **State:** Sleep duration is up to 21 minutes lower in states with hot summers than in those with cooler climates.

¹ The health of arteries is assessed by Withings on its smart scales, Body Comp and Body Scan, on the basis of pulse wave velocity (PWV), a key indicator of cardiovascular health and longevity. The higher the PWV, the faster the blood travels through the arteries. This increases arteries' rigidity, often as a result of hypertension or the deposition of atherosclerotic plaque. The more flexible and healthy the arteries, the slower the blood flows and the lower the PWV. Arteries are among the first components of the body to deteriorate, making them a key indicator of life expectancy and longevity.

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- States with the longest sleep duration are Montana, Vermont, Maine, Minnesota, and Massachusetts.
- States with the shortest sleep duration are Hawaii, Texas, Nevada, Georgia, and Arizona.

- **State Ranking:**



Between [50 and 70 million](#) Americans have a sleep disorder, and one in three adults don't regularly get the amount of sleep they need to maintain good health. In addition, up to [34% of men and 28% of women](#) aged 30 to 70 live with sleep apnea. These conditions contribute to an increased risk of both cardiovascular disease – such heart failure, hypertension, and stroke – or metabolic disorders, such as obesity and type 2 diabetes. Improving sleep quality can reduce risk of these complications.

"The impact of sleep on health, particularly cardiovascular health, is now evident to the scientific community and must be made known to the general public," said Dr. Pierre Escourrou, who is a cardiologist, sleep specialist, and co-author of major studies using Withings sleep data with the research team of Danny Eckert at Flinders University. "A sleep duration that is too short can impact weight and cardiovascular pathologies, as well as mental health and cancer risk. New research and greater awareness of the value of good sleep will be key to improving health at a population scale."

Withings' connected devices track key metrics related to sleep quality, including sleep cycles, snoring, respiratory rate, blood oxygen saturation, heart rate, blood pressure, and more. To date, Withings has conducted or participated in over 27 studies on the connections between sleep, health, and longevity.

"Withings' connected health devices allow for large-scale, long-term studies on the important correlation between sleep and cardiovascular health," said Dr. Aline Criton, medical director at Withings. "We are

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committed to advancing research in this crucial area of health, highlighting the behaviors that have the greatest impact on our wellbeing."

Study Methodology:

This study was conducted using anonymized data automatically collected by Withings connected devices (smart scales, sleep analyzers, connected watches) between January 2020 and March 2025. The sample included 550,381 individuals living in the US.

About Withings

Withings invented the first connected scale in 2009 and remains at the forefront of connected health. Its ecosystem of clinically validated, connected health devices is used by more than 12 million people worldwide in 40 countries. It includes connected scales, connected watches with watchmaking design, a sleep sensor, blood pressure monitors, and soon a urine analyzer. Entirely based in France, in Issy-les-Moulineaux, the technology, AI, and biomedical research teams work alongside renowned research institutes to enable medical-grade measurements at home, over time. Withings was the first to introduce vascular age and electrodermal activity measurements into homes: all ways to more accurately assess our health and promote a longer life. The design of each device is studied to integrate naturally into daily life, with the minimum possible actions. The Withings app and the Withings+ service provide daily motivation by tracking data over time and providing personalized advice to encourage lasting changes. To learn more, visit withings.com and contact us on [Facebook](#), [Instagram](#), or [X](#) (formerly Twitter).

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