Our survey results indicate that 42.9% of respondents never take sleeping pills to fall asleep while 19.6% sometimes do 12.5% often do 16.1% always do and 8.9% rarely do. This suggests that a significant portion of people are able to fall asleep without medication while others rely on sleeping pills to varying degrees Comperatively, a research conducted by the CDC shows additional insights into the commonness of sleep medication usage in young adults in America.Overall, the results of both studies suggest that while a significant portion of individuals are able to fall asleed without he use or medication.For instance, our research indicates a higher proportion of individuals who never take sleeping pills (42.9%), while the CDC studv reports a lower percentage (81.6% of adults who never took sleep medication These variations in findings could be caused from many factors such as differences in the survey samples.The Co stud, being a national survey, provides a bigger perspective on sleep medication usage across the entire adult population, whereas our research focused on a specific region.here remains a notable suoser or ine population who reiv on sleeo medication to some degrees.These rincings show the importance of tunner research to better understand the factors causing sleep medication usageWhen comparing these results, it is clear that both studies show a chunk of the population depend on sleep medication to fall asleep.However, there are some differences in the percentages.samole size differences.and the specific populations being studied.According to their findings, In 2020, 8.4% of adults took sleep medication in the last 30 days either every day or most days to help them fall or stay asleep.In 2020, 6.3% of adults took sleep medication every day in the last 30 days, 2.1% took medication most days, 10.0% took medication some days, and 81.6% never took medication.

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