Most Americans are considered lonely as measured by a score of 43 or higher on the UCLA Loneliness Scale.
Sleep

45.7  
Too Little

41.7  
Just Right

49.0  
Too Much

People who say they sleep just the right amount have lower loneliness scores.

CIGNA U.S. LONELINESS INDEX

The Workplace

48.0  41.9  45.0

Too Little  Just Right  Too Much

People who say they work just the right amount have lower loneliness scores.

CIGNA U.S. LONELINESS INDEX

Spending Time with Family

48.0
Too Little

41.3
Just Right

46.1
Too Much

People who say they spend just the right amount of time with family have lower loneliness scores.

CIGNA U.S. LONELINESS INDEX

Physical Activity

45.4
Too Little

41.7
Just Right

45.2
Too Much

People who say they exercise just the right amount have the lowest loneliness scores.

CIGNA U.S. LONELINESS INDEX

No correlation found between social media use alone and feelings of loneliness.

Cigna Loneliness Index

Most Americans are considered lonely.

1 in 4 Americans rarely or never feel as though there are people that really understand them.

Loneliness measured by a score of 43 or higher on the UCLA Loneliness Scale.

Gen Z is the loneliest generation and claims to be in worse health than older generations

Being employed and having good relationships with coworkers improves feelings of loneliness.

+5.4 points

Employed: 43.7
Unemployed: 49.1

Individuals with lower incomes had higher loneliness scores than those with higher incomes.

High Income (>150k) - 41.0
Low Income (<10k) - 49.7

+8.7 points

There was no major difference between men and women and no major differences between races when it came to average loneliness scores.

People who have daily meaningful in-person interactions score 20 points lower on the Loneliness Index and are healthier than those who never have meaningful in-person interactions.

Only 53% of Americans have meaningful in-person interactions on a daily basis.

At Least a Third of Participants Experience Feelings Associated With Loneliness.

- **Interests and Ideas are not shared by those around you**
  - Always: 9%
  - Sometimes: 50%
  - Rarely: 34%
  - Never: 7%
  - Total: 59%

- **People are around you but not with you**
  - Always: 10%
  - Sometimes: 46%
  - Rarely: 33%
  - Never: 11%
  - Total: 56%

- **Feel Shy**
  - Always: 11%
  - Sometimes: 45%
  - Rarely: 31%
  - Never: 13%
  - Total: 56%

- **No One really knows you well**
  - Always: 13%
  - Sometimes: 41%
  - Rarely: 33%
  - Never: 13%
  - Total: 54%

- **Left Out**
  - Always: 8%
  - Sometimes: 38%
  - Rarely: 39%
  - Never: 15%
  - Total: 47%

- **Alone**
  - Always: 10%
  - Sometimes: 36%
  - Rarely: 37%
  - Never: 17%
  - Total: 46%

- **Lack Companionship**
  - Always: 10%
  - Sometimes: 34%
  - Rarely: 34%
  - Never: 23%
  - Total: 43%

- **Relationships are not meaningful**
  - Always: 7%
  - Sometimes: 36%
  - Rarely: 39%
  - Never: 18%
  - Total: 43%

- **Isolated from others**
  - Always: 8%
  - Sometimes: 35%
  - Rarely: 37%
  - Never: 20%
  - Total: 43%

- **No longer close to anyone**
  - Always: 8%
  - Sometimes: 31%
  - Rarely: 35%
  - Never: 26%
  - Total: 39%

- **There is no one you can turn to**
  - Always: 7%
  - Sometimes: 29%
  - Rarely: 36%
  - Never: 28%
  - Total: 36%

% Always or Sometimes feel this way

Feelings of Loneliness Most Prevalent Among Generation Z.

- Interests and Ideas are not shared by those around you
- People are around you but not with you
- Feel Shy
- No One really knows you well
- Left Out
- Alone
- Lack Companionship
- Relationships are not meaningful
- Isolated from others
- No longer close to anyone
- There is no one you can turn to

Cigna