

# How the world sleeps



U.S.

Most likely to take a  
**17%** prescription drug  
**17%** OTC sleep aid



U.K.

Most impacted by bed partner's sleep habits (such as snoring)  
**22%**



Netherlands

Most time between last meal and bedtime  
**82%** three or more hours



Brazil

Least time between last meal and bedtime  
**40%** less than two hours



Germany

Least distracted by TV or technology at bedtime  
**9%**



France

Largest bedrooms  
**36%** described bedroom as "large"



South Korea

Most likely to sleep on the floor  
**30%**  
Most stressed  
**61%** somewhat or very stressed



China

Most frequent nappers  
**14%** take five or more naps a week  
Work the most  
**40.1** hrs/wk



Japan

Night owls (go to bed at 1am or later)  
**16%** during the week  
**25%** on the weekend



Australia

Early birds (people up before 5am)  
**12%** during the week  
**7%** on the weekend



Nearly  
**8,000 people in 10 countries**

participated in Philips global sleep survey, offering insights into how sleep differs around the world.



No matter where you fall on the sleep map, it's important to understand your personal risk of developing a sleep disorder, including obstructive sleep apnea (OSA).

Worldwide, it's estimated that

**100 million people**

have OSA, but some 80% go undiagnosed.\*

\*[http:// www.stopbang.ca/osa.php](http://www.stopbang.ca/osa.php)



To take our online OSA risk assessment to see if you should schedule a consultation with your doctor, visit [www.sleepapnea.com](http://www.sleepapnea.com)