To learn more about obstructive sleep apnea, visit www.sleepapnea.com

Of 7,817 people surveyed in 10 different countries, 100 million people globally suffer from OSA.*

People want more sleep, but don’t know how to get it.

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How the world sleeps

Of 7,817 people surveyed in 10 different countries

22%
Wake up before they would like five to seven times per week

17%
Sleep through the night

57%
Admitted that their sleep could be better

67%
Sleep with a mobile phone nearby. Yet only... said technology was their biggest sleep disruptor

21%

Work and financial issues as their most common sleep disruptors

31% 31%
Money 43%

What keeps you up at night?

Among a list of 15 factors keeping people up at night, respondents selected:

Respondents around the world ranked sleep the highest.

43% 22% 17% 16% 33% 31% 39%
China S. Korea Brazil Brazil US Europe

What influences your health and wellbeing?

People want more sleep, but don’t know how to get it.

In addition, 57% of respondents reported having disturbing sleep apnea (OSA). This is correlated with other studies looking at risk factors.

How the world sleeps

Besides an estimated 330 million patients with OSA, male

Because an estimated 50 percent of patients with OSA remain undiagnosed, a substantial number of people likely benefit from proper screening, diagnosis, and treatment of sleep apnea.

*http://www.sleepapnea.com

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Respondents listed the following factors, excluding their sleep:

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