

When it comes to sleep, we recognize the value, but fall short on prioritization



Sleeping well is essential

to good health and is one of the key ingredients beyond eating and exercising to nurturing life.

Recommended sleep range for healthy adults?



7-9 hours per night.¹

Did you know...

According to adults in the US, France, Germany, the Netherlands and Japan

92%

More than **9 in 10 global adults** say sleep is crucial to their overall health and wellbeing, but...



24%

Approximately **one-quarter of global adults** say sending late night work emails, when everyone else is sleeping, shows they care more about their job.

57%

Only 57% of global adults have a specific sleep schedule.

Ranked by country: Top three things more important than getting a good night's sleep



United States

- 46%** Time with family
- 43%** Quality time with significant other
- 30%** Watching favorite TV/movies



Netherlands

- 38%** Watching favorite TV/movies
- 34%** Quality time with significant other
- 34%** Time with family



Japan

- 40%** Time on internet
- 33%** Watching favorite TV/movies
- 30%** Time with family



France

- 53%** Time with family
- 41%** Quality time with significant other
- 38%** Watching favorite TV/movies



Germany

- 48%** Time with family
- 32%** Time with friends
- 31%** Quality time with significant other

To learn more about the importance of sleep and the prevalence of undiagnosed sleep disorders, visit www.sleepapnea.com

1. <https://sleepfoundation.org/how-sleep-works/how-much-sleep-do-we-really-need/page/0/2>

This survey was conducted online by Harris Poll on behalf of Philips from February 15-17, 2017 among 2,055 adults ages 18 and older in the US, among 1,055 adults ages 18 and older in France, among 1,016 adults ages 18 and older in Germany, among 1,021 adults ages 18 and older in the Netherlands, and among 1,314 adults ages 18 and older in Japan. This online survey is not based on a probability sample and therefore no estimate of theoretical sampling error can be calculated. For complete survey methodology, including weighting variables, please contact Meredith Amoroso at meredith.amoroso@philips.com.

