# A year since the start of COVID-19, sleep issues loom large



### Unsurprisingly, sleep worsened during the past year.

In recognition of World Sleep Day 2021, Philips commissioned its annual survey with KJT Group, interviewing more than 13,000 people across 13 countries to discuss sleep behaviors. COVID-19 has impacted every facet of daily life, and the survey found that sleep health is no exception.

People recognize they aren't sleeping enough:



feel wellrested most mornings



say COVID-19 is negatively impacting their ability to sleep well 70%

say they are experiencing one or more new sleep challenges

43%

say waking up during the night is a key challenge

74%



Cell phone use in bed is more common

2021

2020

84%

46% look at their phone as the last thing they do before

falling asleep





are scrolling through social media



are reading news about the COVID-19 pandemic



## Many are seeking online, telehealth resources to solve sleep issues

There's also been an increase in the use of online resources and telehealth to address sleep issues.



turned to online resources (specifically online search engines) to learn more about sleep/treatments to improve sleep, with



time during the COVID-19 pandemic.



have had a telehealth appointment, with



saving their first telehealth appointment ever happened during





While not as many sought telehealth for sleep related issues (16%),



concern in the future.



figure out what sleep issues may be keeping you up at night. It only takes 10 minutes: www.smartsleep-analyzer.philips.com

### Gender plays a role in sleep discrepancies. Women are...

experiencing a new sleep challenge 66%







currently suffering from insomnia





more likely to report that COVID-19 has negatively impacted their sleep routines





well

and their ability to sleep



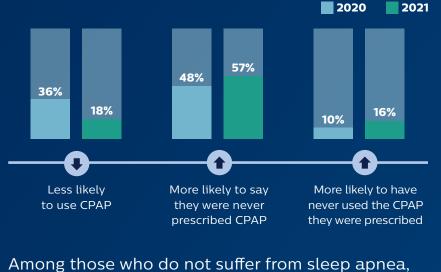
apnea is keeping people from getting the help they need. If you think you may have sleep apnea, talk to vour doctor to identify the best treatment plan for you.

The stigma around sleep

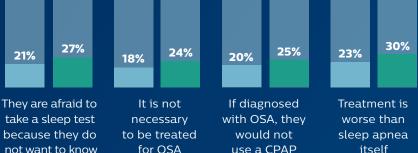
### Sleep apnea patients are struggling.

Despite the prevalence of sleep apnea and the variety of solutions to treat this condition, sleep apnea patients struggled to adhere to CPAP therapy over the past year, and previous negative attitudes around the condition are more common.

Compared to 2020<sup>1</sup>, people who say sleep apnea impacts their sleep are significantly:



consumers are more likely to agree:



use a CPAP not want to know for OSA if they have OSA machine These shifts in negative attitudes towards sleep

apnea are concerning, especially for an already stigmatized condition. This is why Philips is committed to raising awareness around the importance of treatment, and creating solutions that offer:







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