Between the sheets: Comparing sleeping habits of men vs. women

Dividing lines
Women are less satisfied with their sleep...

![Graph showing satisfaction levels] [52% men vs. 45% women]

Men are more likely to report satisfaction with their sleep than women.

Taking control
... but are also less proactive about attempting to improve it. Here’s what people have tried:

- Soothing music: 55% men vs. 47% women
- Consuming alcohol before bedtime: 37% men vs. 27% women
- Specialized bedding: 33% men vs. 25% women
- Sunrise alarm clocks: 29% men vs. 20% women
- Sleep tracker: 26% men vs. 20% women

Speaking up
Men are more likely to report experiencing one or more condition(s) which impact their sleep

<table>
<thead>
<tr>
<th>Condition</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>Snoring</td>
<td>66%</td>
<td>62%</td>
</tr>
<tr>
<td>Insomnia</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fatigue</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

with snoring being their most common condition.

Seeking help
Women are less likely to have experience or interest in using a variety of resources to learn more about sleep and/or treatments to improve sleep. The most notable gaps are having used, or being willing to use:

- Sleep specialist: 60% men vs. 49% women
- Online forum/social media platform: 50% men vs. 40% women
- Telehealth program/talking to a healthcare specialist online: 46% men vs. 38% women

For expert tips on ways to improve sleep, click here. To see more findings from this year’s World Sleep Day survey, please visit: Philips.com/WorldSleepDay.