



Press Backgrounder

March 2, 2020

Philips sleep survey shows only half of people worldwide are satisfied with their sleep, but are less likely than before to take action to improve it

Today Philips [announced](#) the findings from its 5th annual global sleep survey in a report, “[Wake Up Call: Global Sleep Satisfaction Trends](#).” Philips surveyed more than 13,000 adults in 13 countries [1] to capture attitudes, perceptions, and behaviors around sleep. This year’s results show global sleep satisfaction remains low with worry/stress, relationships and cell phone use reported as key sleep inhibitors.

Among the key findings, results showed:

- **There’s still a lot keeping us up at night.** Only half (49%) of people reported satisfaction with their sleep [2], but similar numbers (47%) also report not having a good understanding of what’s truly preventing them from getting good sleep in the first place [3]. 87% agreed sleep is an important contributor to their physical wellbeing and 86% agree sleep is an important contributing factor to their mental wellbeing [4]. 61% believe their memory is worse when they have not slept well [4]. Worry/stress was most commonly cited as the most limiting factor to a good night’s sleep, as cited by 33% of those surveyed, followed by the environment, such as noise, light, temperature (11%), a health condition (10%) and mobile devices (8%). This creates a challenging cycle for adults looking to live a more healthy and well-rested lifestyle yet are still struggling to sleep the recommended [5] 7 or more hours per night on average.
- **Relationships and age play a role in unsatisfactory sleep.** When it comes to relationships, 36% of people with a partner/spouse agree [4] they sometimes sleep separately from their partner/spouse to improve their sleep, and 30% agree [4] their or their partner/spouse's difficulty sleeping is impacting their relationship. Additionally, 51% of adults who report having sleep apnea say their sleep apnea is impacting their relationship(s).

Furthermore, bedtime distractions tend to vary by age. People 18-34 are more likely to use a cell phone in bed and have experience using a variety of strategies/resources to improve their sleep than people who are 65+. While people who are 65+ are least likely to have experience using strategies/resources to improve their sleep.



- **Control what you can, treat what you can't.** Interestingly, fewer people in 2020 are taking action to improve sleep compared to 2019, with nearly all listed strategies to improve sleep lower or consistent in 2020 when compared to 2019 results. For example, reading before bed was the most popular strategy used to improve sleep in 2019 (39%), but only 28% of people report reading to improve sleep in 2020. While external factors can be altered to improve sleep, some sleep conditions are outside of a person's control.

This year, respondents report lower rates of insomnia, snoring, shift work disorder and chronic pain, but sleep apnea remained consistent (2019: 10% vs. 2020: 9%). Of those diagnosed with sleep apnea, 71% feel they disturb their partner/spouse less frequently since they started using CPAP therapy.

- **It's the same problem, but we're using different solutions.** Despite these challenges, many have implemented changes to their bedtime routines in pursuit of better sleep. While only 10% of adults use a sleep tracker/monitor their sleep as a means to improve their sleep, three out of four people using these devices have made a change as a result of tracking. New data this year shows 15% of adults have tried or currently use marijuana and 15% have used or currently use CBD oil to better their sleep.

When it comes to sleep apnea, the majority (75%) of users [6] would recommend CPAP therapy used to treat sleep apnea to others [4]. To learn more about sleep and/or treatments to improve sleep, people have the greatest interest in seeing a PCP relative to other providers. Two in ten (22%) have seen a PCP for this purpose already, and 43% would be willing to. Solutions also tended to vary by gender, with men being more likely to have experience or interest using a variety of resources to learn more about sleep and/or treatments to improve sleep, such as using a sleep specialist, consulting online forums, or talking to a healthcare specialist/telehealth program.

[1] Australia, Brazil, China, France, Germany, India, Italy, Japan, Netherlands, Singapore, South Korea, United Kingdom and United States

[2] Indicates net "somewhat" or "complete" satisfaction with sleep

[3] Indicates net "neither agree nor disagree", "somewhat" and "complete" disagreement with the statement

[4] Indicates net "somewhat" or "complete" agreement with the statement

[5] [How Much Sleep Do I Need?](#), Centers for Disease Control and Prevention

[6] Uses CPAP therapy at least once per week

To view additional findings from this year or last year's global survey, visit:

[Philips.com/WorldSleepDay](https://philips.com/WorldSleepDay).

For more information on Philips' advanced solutions for sleep and respiratory care, follow [@Philips](#), [@PhilipsSleepWellness](#), [@PhilipsResp](#) or visit www.Philips.com/SmartSleep.