

A man with dark, curly hair is sleeping peacefully in a bed. He is wearing a light blue long-sleeved shirt. The bed has white pillows and white linens. The background is softly blurred, showing a bedroom setting with a wooden headboard and a lamp.

**PHILIPS**

RESPIRONICS

Global sleep survey

# Sleep: A global perspective



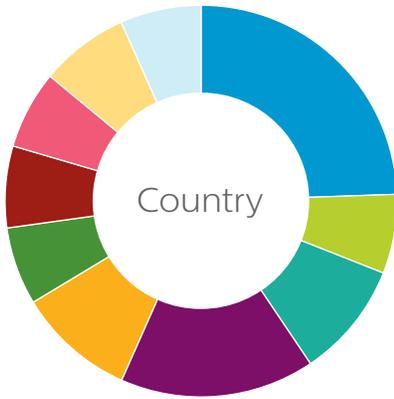
# Introduction and methodology

Sleep is a contributing factor to everyone's health, and it transcends geographic, cultural and socioeconomic boundaries. At the same time, little research exists around sleep habits at a global level. In recognition of World Sleep Day, Philips sponsored this 10-country, nearly 8,000-respondent survey to generate new insights into how sleep impacts people's lives, what keeps them up at night and what they are (or are not) doing to improve their sleep, around the world. This information and perspective can be used to better educate global populations about their sleep.

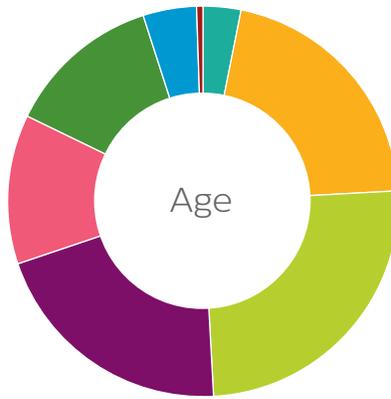
The questions were developed by a team of sleep experts at Philips and the study was executed by KJT Group, an independent research and consulting firm. The survey was conducted online between January 31 and February 4, 2015 in 10 countries: United States, United Kingdom, Brazil, the Netherlands, France, Germany, Japan, China, South Korea and Australia.

# Demographics

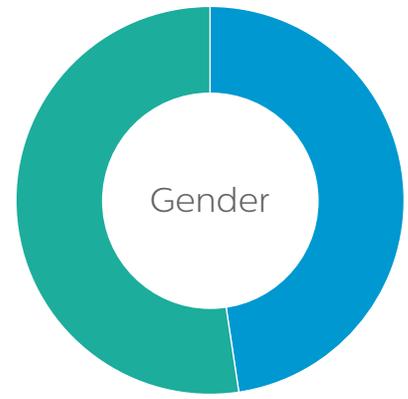
In total, 7,817 people participated in the survey. Respondents were randomly invited to participate. Samples in each country were selected to represent the national demographics in the areas of age and gender.



- US (24%)
- France (7%)
- Japan (10%)
- China (16%)
- Brazil (10%)
- S. Korea (6%)
- Germany (7%)
- Australia (6%)
- UK (7%)
- Netherlands (7%)



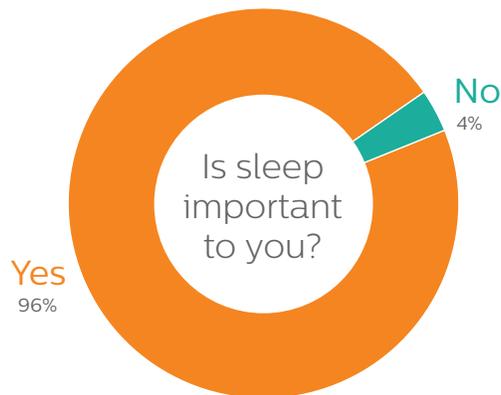
- 18 or 19 (3%)
- 20 - 29 (21%)
- 30 - 39 (25%)
- 40 - 49 (21%)
- 50 - 59 (12%)
- 60 - 69 (13%)
- 70 - 79 (4%)
- 80 + (1%)



- Male (48%)
- Female (52%)

## How much do people value sleep?

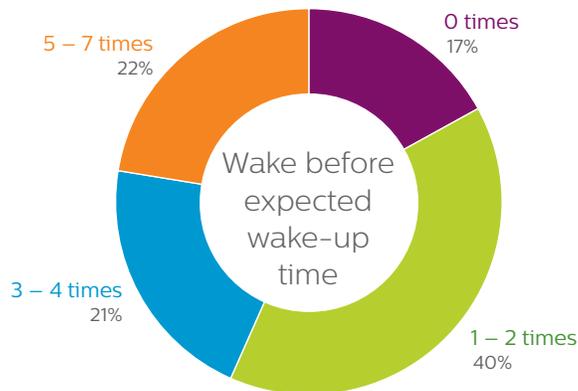
96 percent said sleep is valuable to them.



**57 percent** of respondents admitted that while their sleep could be better, they haven't taken action to improve it.



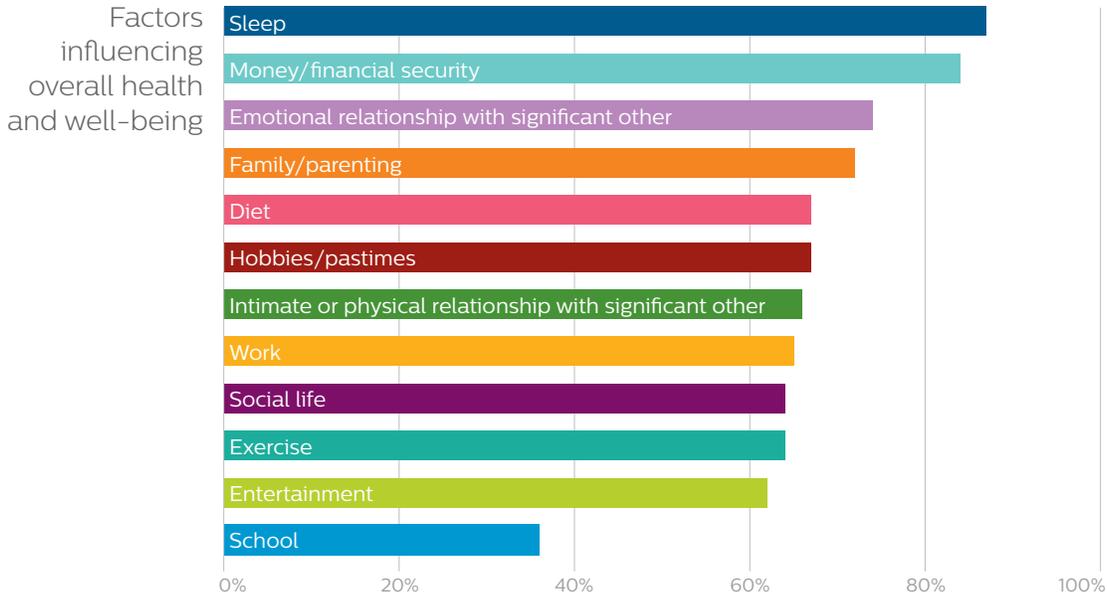
**17 percent** consistently sleep through the night, with **22 percent** of respondents noting they wake up before they would like five to seven nights a week.



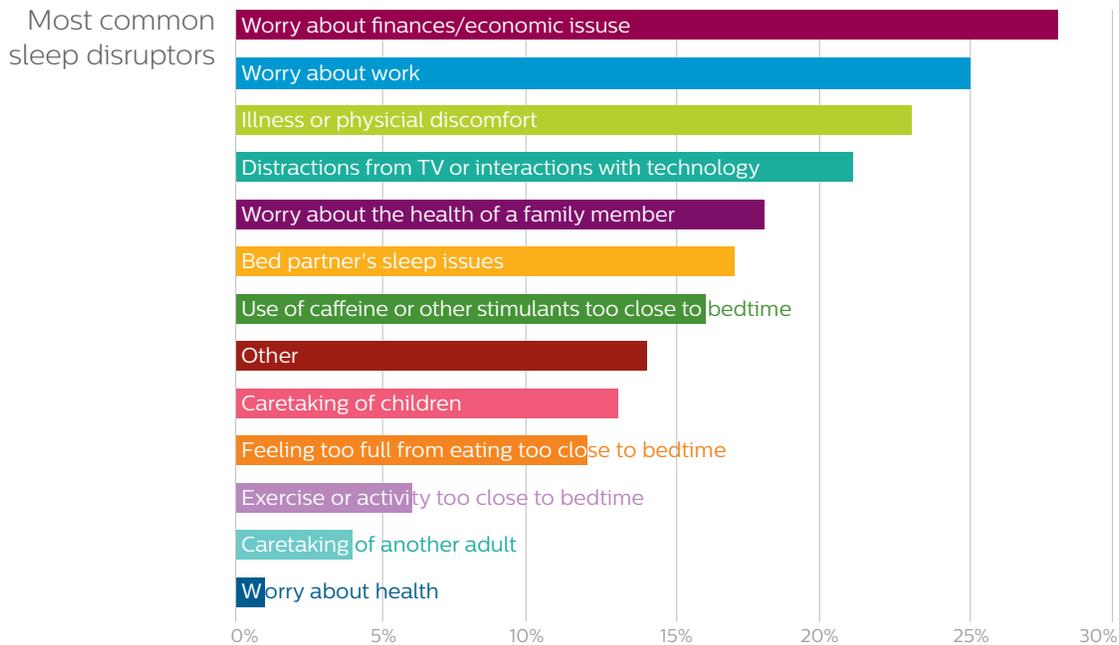
**Six percent of respondents reported having obstructive sleep apnea (OSA).** This is consistent with other reports indicating that more than 100 million people globally suffer from this disorder. Because an estimated 80 percent of patients with OSA remain undiagnosed, a substantial number of people may benefit from proper screening, diagnosis and treatment of sleep apnea.

# Sleep economy

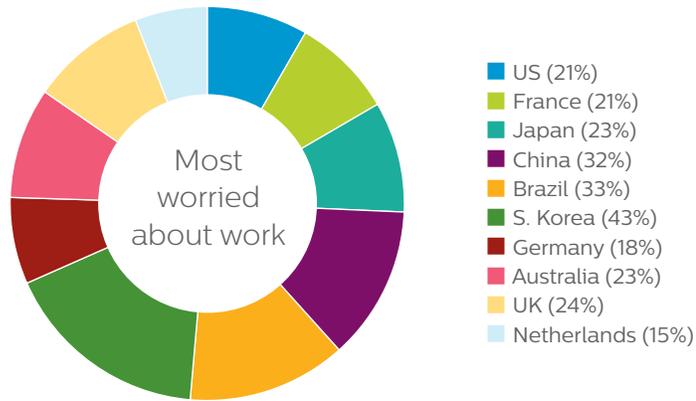
Among a list of 12 different **factors influencing overall health and well-being** – including family, work, school, social life and intimacy with a partner – **87 percent** ranked sleep as very or somewhat important. But right behind it at **84 percent** was money/financial security.



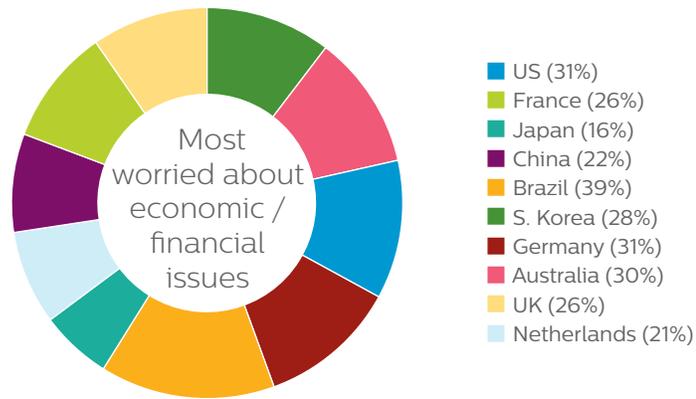
Additionally, among a list of 13 factors keeping people up at night, respondents selected **financial/economic issues (28%)** and **work (25%)** as **their most common sleep disruptors**. While 67 percent of people around the world sleep with a mobile phone within reach, only 21 percent said technology was a sleep disruptor.



Of the countries **most worried about work**, South Korea (43%), Brazil (33%) and China (32%) ranked the highest.



Of those **most worried about economic/financial issues**, Brazil (39%), Germany (31%) and the U.S. (31%) topped the list.



# A healthy night's sleep around the world



**Dr. Teofilo Lee-Chiong, M.D., Chief Medical Liaison, Philips**

Over the past few years, many surveys have focused on the negative impact that technology and mobile devices can have on sleep, but our report confirmed that the global factors impacting people's sleep are much more varied and complex. While it's refreshing to see people around the world equally valuing sleep as critical to their overall health, there's clearly more that people can be doing to ensure they're on a path to a better night's sleep.

Paying more attention to the factors that negatively impact sleep and getting evaluated by a physician if sleep disturbances significantly impair daytime performance are essential first steps to improving sleep quality. What's encouraging is that there are simple changes people can make to improve their sleep – from exercising to meditating to setting boundaries around work life.



**Dr. Mark Aloia, Senior Director of Global Clinical Research, Philips**

Our report indicates how psychological factors can impact sleep, and how those factors can change depending on the times in which we live. Combatting stress is critical to a good night's sleep, but the toughest part for people is often just getting motivated to make changes. These data further demonstrate that sleep needs to be viewed and treated holistically, with both technology and lifestyle solutions that work together to promote better health.





To learn more about obstructive sleep apnea, visit [www.sleepapnea.com](http://www.sleepapnea.com)