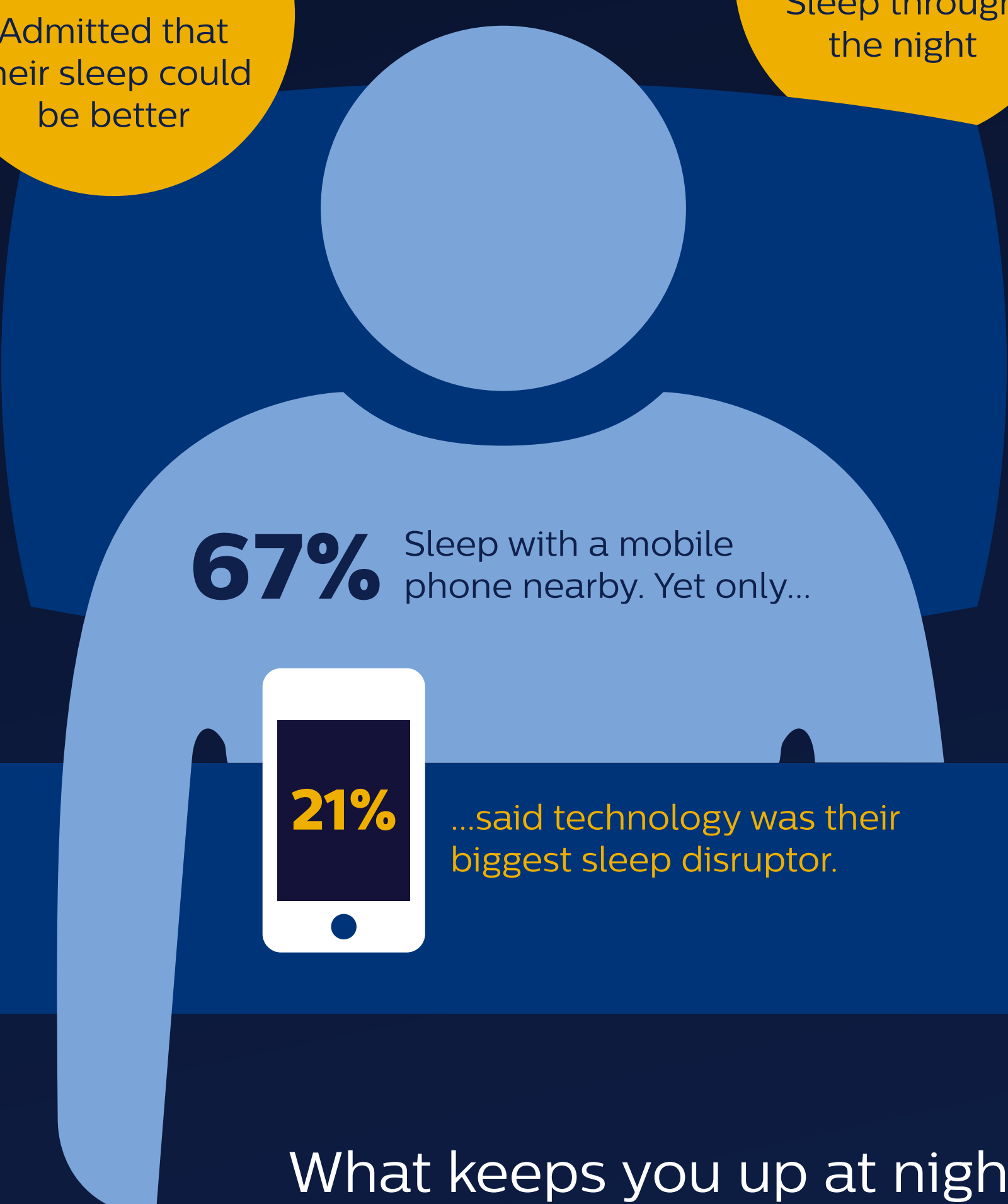


# How the world sleeps

Of 7,817 people surveyed in 10 different countries

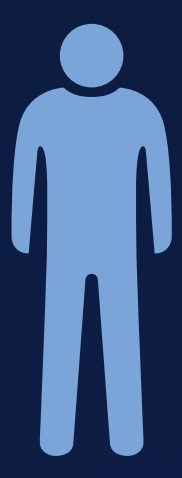


**67%** Sleep with a mobile phone nearby. Yet only...



**21%** ...said technology was their biggest sleep disruptor.

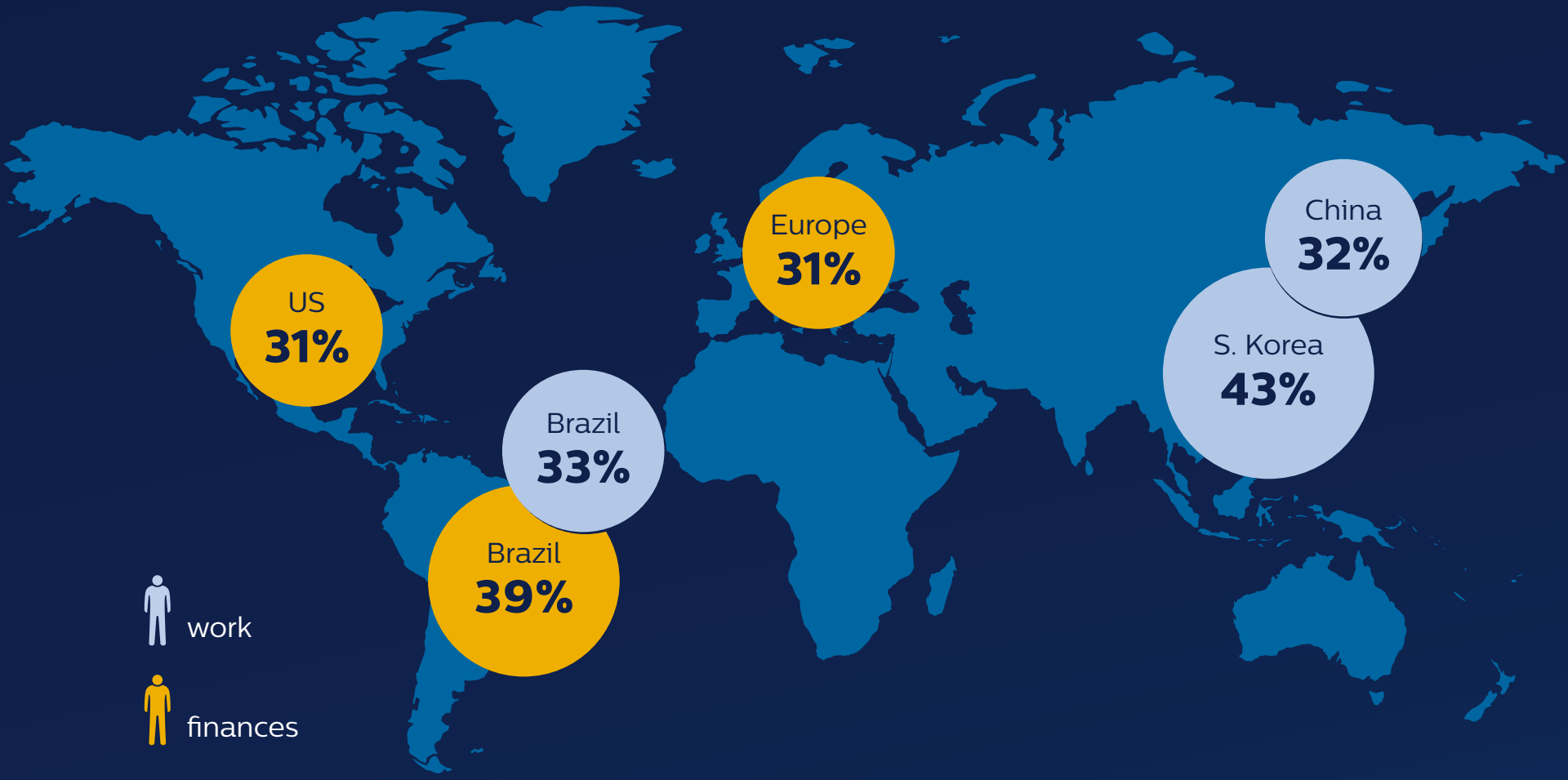
## What keeps you up at night?



Among a list of 13 factors keeping people up at night, respondents selected

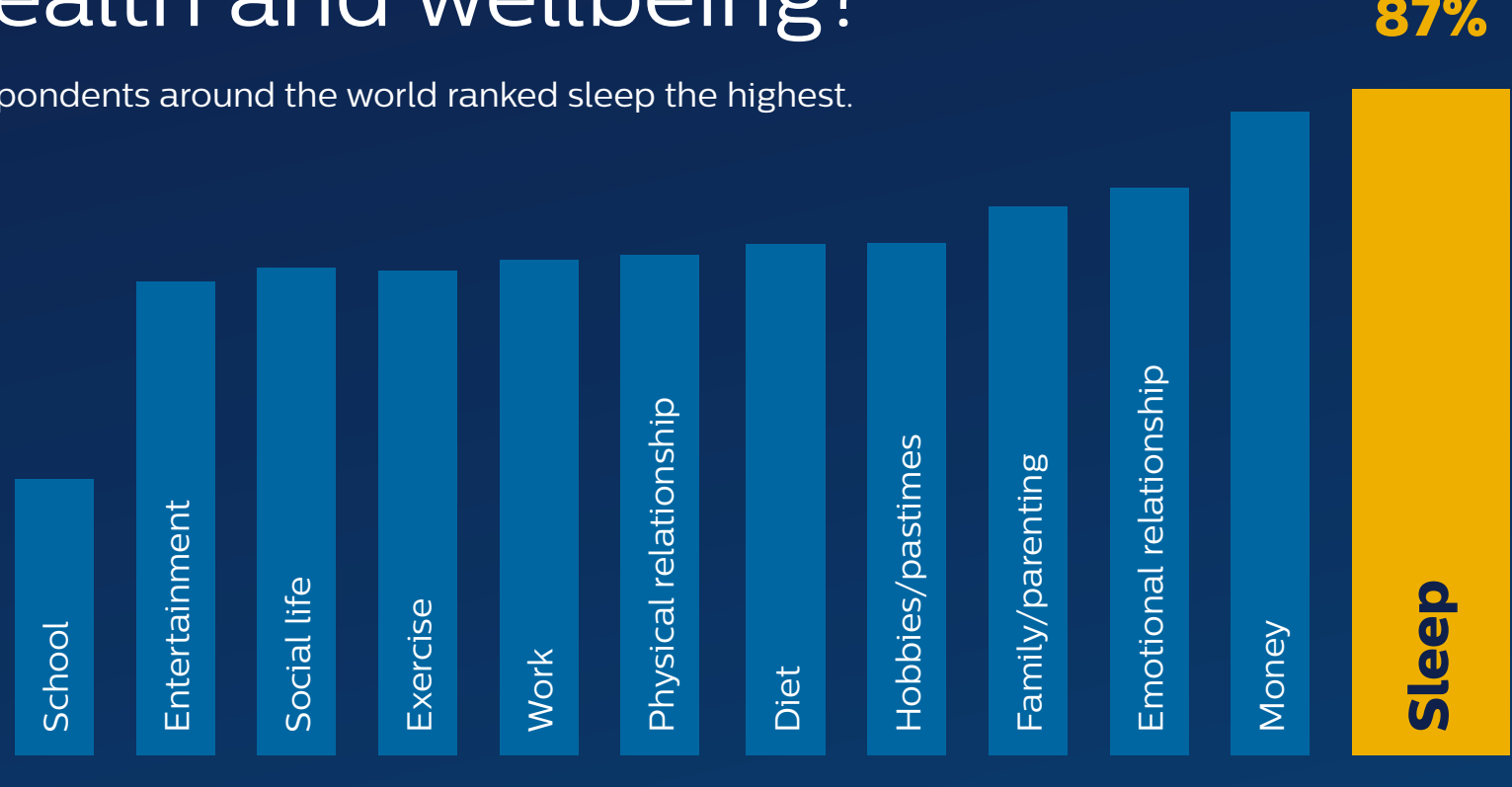
## work and financial issues

as their most common sleep disruptors.



## What influences your health and wellbeing?

Respondents around the world ranked sleep the highest.



People want more sleep, but don't know how to get it.

In addition, 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 OSA.\*

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.

\*<http://www.stopbang.ca/osa.php>



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