

YouGov Survey Results

Sample Size: 1684 Adults in GB
Fieldwork: 3rd - 5th December 2021

	Vote in 2019 GE			EU Ref 2016		Gender		Age				Social Grade		Region					
	Con	Lab	Lib Dem	Remain	Leave	Male	Female	18-24	25-49	50-64	65+	ABC1	C2DE	London	Rest of South	Midlands / Wales	North	Scotland	
Weighted Sample	1684	571	418	152	625	667	818	866	184	702	406	392	960	724	202	566	365	406	145
Unweighted Sample	1684	583	397	153	692	666	734	950	103	685	433	463	1006	678	167	583	370	414	150
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%

Over the past two weeks, how often have you felt tired?

All the time	13	10	15	10	12	11	9	16	16	17	11	6	13	13	9	12	14	14	13
Most of the time	25	25	29	21	27	27	24	27	21	29	26	20	25	25	23	28	23	26	23
About half of the time	33	33	37	46	37	34	31	35	19	33	38	36	34	33	38	33	34	31	32
Rarely	22	27	16	22	22	24	28	17	26	16	21	34	23	21	20	23	21	23	27
None of the time	3	4	2	1	2	4	3	2	1	3	2	3	2	3	2	2	3	3	4
Don't know	4	1	1	2	1	1	4	3	17	3	1	1	3	5	8	2	4	4	2

Over the past two weeks, how much of an impact has tiredness had on each of the following areas of your life?

Work life

A great deal of impact	8	6	10	6	8	6	8	8	16	11	6	1	9	7	11	8	7	7	7
A moderate impact	16	12	18	21	18	14	16	16	25	21	15	4	19	12	20	16	11	18	16
TOTAL A GREAT DEAL / A MODERATE IMPACT	24	18	28	27	26	20	24	24	41	32	21	5	28	19	31	24	18	25	23
A small impact	22	19	26	24	26	15	23	22	26	30	23	6	23	20	23	21	26	19	25
No impact	24	30	22	21	25	27	26	21	8	25	30	23	23	24	20	24	26	25	18
TOTAL A SMALL / NO IMPACT	46	49	48	45	51	42	49	43	34	55	53	29	46	44	43	45	52	44	43
Don't know	3	1	2	1	1	1	3	3	13	3	0	1	2	4	4	3	3	4	0
Not applicable	27	33	23	27	22	37	24	30	13	10	25	67	23	32	22	28	27	27	33

Family life

A great deal of impact	8	6	10	10	8	7	8	9	9	11	8	4	8	8	5	9	9	10	5
A moderate impact	17	15	21	13	19	18	14	20	13	21	18	12	19	15	15	18	14	19	22
TOTAL A GREAT DEAL / A MODERATE IMPACT	25	21	31	23	27	25	22	29	22	32	26	16	27	23	20	27	23	29	27
A small impact	30	29	31	38	32	27	29	31	36	34	27	25	30	31	34	29	31	28	34
No impact	33	39	30	31	33	37	36	29	19	27	37	45	32	33	34	30	37	32	29
TOTAL A SMALL / NO IMPACT	63	68	61	69	65	64	65	60	55	61	64	70	62	64	68	59	68	60	63
Don't know	3	1	3	2	2	1	4	3	14	3	1	1	3	4	4	4	2	4	2
Not applicable	8	9	5	6	6	11	9	8	9	6	9	13	8	9	9	9	6	8	8

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	Parent/guardian			Parents of at least one child under 18 years old		Living Alone (with no other adults)		Living with a partner		
	Total	Yes, of at least one child younger than 18 years old	Yes, of at least one child 18 years old or older	No, I am neither a parent or guardian	Mothers	Fathers	Women who live alone	Men who live alone	Women who live with a partner	Men who live with a partner
Weighted Sample	1684	342	621	649	171	171	161	117	420	424
Unweighted Sample	1684	345	683	617	188	157	186	108	466	430
	%	%	%	%	%	%	%	%	%	%

Over the past two weeks, how often have you felt tired?

All the time	13	22	8	13	26	18	16	12	14	9
Most of the time	25	30	22	28	33	26	26	28	26	24
About half of the time	33	31	38	32	30	33	36	26	35	35
Rarely	22	14	27	21	8	19	16	27	22	28
None of the time	3	3	3	2	3	3	5	2	2	3
Don't know	4	1	2	4	1	1	2	4	2	1

Over the past two weeks, how much of an impact has tiredness had on each of the following areas of your life?

Work life

A great deal of impact	8	11	3	10	11	12	4	5	8	6
A moderate impact	16	20	10	19	18	22	11	20	14	14
TOTAL A GREAT DEAL / A MODERATE IMPACT	24	31	13	29	29	34	15	25	22	20
A small impact	22	31	18	23	30	32	18	12	22	24
No impact	24	24	28	22	20	27	18	25	23	30
TOTAL A SMALL / NO IMPACT	46	55	46	45	50	59	36	37	45	54
Don't know	3	1	0	3	1	1	1	2	1	1
Not applicable	27	13	41	23	20	5	48	35	31	26

Family life

A great deal of impact	8	14	6	6	15	13	6	7	10	7
A moderate impact	17	27	16	14	33	22	15	13	22	16
TOTAL A GREAT DEAL / A MODERATE IMPACT	25	41	22	20	48	35	21	20	32	23
A small impact	30	36	29	29	37	34	21	19	32	32
No impact	33	21	41	34	14	27	34	36	30	40
TOTAL A SMALL / NO IMPACT	63	57	70	63	51	61	55	55	62	72
Don't know	3	1	1	4	1	1	3	3	1	1
Not applicable	8	2	7	13	1	3	22	22	5	4

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	Vote in 2019 GE			EU Ref 2016		Gender		Age				Social Grade		Region					
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Weighted Sample	1684	571	418	152	625	667	818	866	184	702	406	392	960	724	202	566	365	406	145
Unweighted Sample	1684	583	397	153	692	666	734	950	103	685	433	463	1006	678	167	583	370	414	150
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Personal life																			
A great deal of impact	12	10	14	8	9	11	9	14	14	13	11	8	10	13	9	12	11	13	10
A moderate impact	23	20	25	25	24	23	22	24	27	26	23	16	25	20	28	23	21	23	25
TOTAL A GREAT DEAL / A MODERATE IMPACT	35	30	39	33	33	34	31	38	41	39	34	24	35	33	37	35	32	36	35
A small impact	33	34	34	42	36	30	34	32	31	35	32	32	35	31	31	35	36	30	33
No impact	26	32	23	22	26	30	28	24	7	21	32	37	24	28	24	24	27	27	28
TOTAL A SMALL / NO IMPACT	59	66	57	64	62	60	62	56	38	56	64	69	59	59	55	59	63	57	61
Don't know	3	1	2	2	2	1	3	3	14	3	1	1	2	4	3	3	2	4	1
Not applicable	3	3	3	1	2	4	4	3	6	2	2	5	2	5	5	3	3	3	3
Love life																			
A great deal of impact	11	9	14	8	11	10	9	13	11	14	11	4	10	12	9	9	10	15	13
A moderate impact	11	10	13	14	13	10	10	13	9	16	9	6	13	8	10	12	10	12	9
TOTAL A GREAT DEAL / A MODERATE IMPACT	22	19	27	22	24	20	19	26	20	30	20	10	23	20	19	21	20	27	22
A small impact	18	16	18	20	19	14	20	15	21	22	16	11	20	15	19	16	19	16	20
No impact	33	39	31	33	33	37	37	28	22	27	40	40	32	34	37	34	31	31	31
TOTAL A SMALL / NO IMPACT	51	55	49	53	52	51	57	43	43	49	56	51	52	49	56	50	50	47	51
Don't know	4	1	3	3	3	1	5	3	17	4	1	1	3	5	5	4	5	4	1
Not applicable	24	25	22	22	21	27	19	28	20	17	24	37	21	27	21	25	24	22	26
Which of the following statements, if any, would you say apply to you																			
I feel tired at the end of the day but struggle to fall asleep at night																			
This applies to me	44	41	46	46	43	45	38	50	45	46	46	37	42	46	41	45	42	46	42
This does not apply to me	51	56	51	51	54	53	56	46	41	49	52	60	53	48	54	50	52	49	53
Don't know	5	3	3	3	3	2	6	4	14	5	2	3	4	6	5	5	5	4	5
I feel tired when I wake up, even when I get a lot of sleep																			
This applies to me	55	48	63	53	58	53	49	61	53	64	54	41	54	56	57	56	53	56	52
This does not apply to me	38	47	32	40	37	42	44	33	26	29	43	55	40	35	32	38	40	39	42
Don't know	7	4	5	6	4	5	8	6	20	7	4	4	6	9	11	6	7	6	6
I feel like I don't have enough time in the day to rest and relax																			
This applies to me	47	44	50	48	49	43	44	49	53	61	43	22	49	43	49	47	48	46	39
This does not apply to me	45	50	44	46	46	50	47	44	24	33	52	71	44	47	39	45	44	46	56
Don't know	8	7	6	6	4	7	9	7	23	7	5	7	6	10	12	8	8	7	5

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		Yes, of at least one child younger than 18 years old	Yes, of at least one child 18 years old or older	No, I am neither a parent or guardian	Mothers	Fathers	Women who live alone	Men who live alone	Women who live with a partner	Men who live with a partner
Weighted Sample	1684	342	621	649	171	171	161	117	420	424
Unweighted Sample	1684	345	683	617	188	157	186	108	466	430
	%	%	%	%	%	%	%	%	%	%
Personal life										
A great deal of impact	12	15	9	12	17	12	16	10	11	8
A moderate impact	23	25	22	23	27	24	16	26	26	21
TOTAL A GREAT DEAL / A MODERATE IMPACT	35	40	31	35	44	36	32	36	37	29
A small impact	33	38	32	33	38	37	32	31	34	36
No impact	26	20	32	25	16	24	28	26	26	32
TOTAL A SMALL / NO IMPACT	59	58	64	58	54	61	60	57	60	68
Don't know	3	1	1	4	1	1	2	3	2	0
Not applicable	3	1	4	3	1	1	6	4	2	3
Love life										
A great deal of impact	11	18	9	9	24	12	6	4	14	10
A moderate impact	11	18	8	10	23	13	2	11	17	12
TOTAL A GREAT DEAL / A MODERATE IMPACT	22	36	17	19	47	25	8	15	31	22
A small impact	18	21	14	18	16	26	6	8	20	23
No impact	33	30	41	29	20	39	21	23	34	44
TOTAL A SMALL / NO IMPACT	51	51	55	47	36	65	27	31	54	67
Don't know	4	2	1	5	3	1	3	4	3	1
Not applicable	24	11	26	29	13	9	62	49	12	11
Which of the following statements, if any, would you say apply to you										
I feel tired at the end of the day but struggle to fall asleep at night										
This applies to me	44	41	41	49	47	35	52	55	48	37
This does not apply to me	51	56	57	45	51	62	42	40	50	60
Don't know	5	3	2	6	2	3	5	4	3	3
I feel tired when I wake up, even when I get a lot of sleep										
This applies to me	55	65	49	58	72	57	63	58	59	48
This does not apply to me	38	31	48	34	25	36	29	35	38	47
Don't know	7	5	3	8	3	7	8	7	4	4
I feel like I don't have enough time in the day to rest and relax										
This applies to me	47	70	34	48	78	63	35	41	52	43
This does not apply to me	45	24	60	44	19	30	58	52	43	51
Don't know	8	5	6	9	3	7	7	8	5	6

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Unweighted Sample	1684	583	397	153	692	666	734	950	103	685	433	463	1006	678	167	583	370	414	150
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%

If you were offered each of the following, would you prefer to have that thing, or to have an extra hour of sleep:

To be given £20 cash

I would prefer this to an extra hour of sleep	44	42	41	38	41	45	46	41	52	46	39	42	42	46	43	42	46	46	41
I would prefer an extra hour of sleep to this	47	51	50	51	51	47	44	50	39	46	54	45	50	43	47	49	44	46	48
Don't know	9	8	10	11	8	7	9	9	9	8	7	13	8	11	10	9	10	8	11

To be given £50 cash

I would prefer this to an extra hour of sleep	69	65	70	72	71	68	70	68	78	73	66	62	68	71	73	68	69	69	68
I would prefer an extra hour of sleep to this	23	29	22	20	24	26	23	24	16	20	28	28	26	20	20	24	22	25	26
Don't know	8	6	8	7	6	7	8	7	6	7	6	11	6	9	7	8	9	7	6

An hour of good behaviour from my child/children

[Asked to those who are a parent of guardian to children under or over 18; n=974]

I would prefer this to an extra hour of sleep	29	23	34	24	34	22	34	25	63	45	20	16	30	27	35	24	33	32	25
I would prefer an extra hour of sleep to this	40	39	37	54	38	41	39	40	37	41	42	36	39	41	33	44	37	38	41
Don't know	31	38	29	22	28	37	27	35	0	14	38	48	31	32	32	32	30	31	34

Having sex with someone I'm attracted to

I would prefer this to an extra hour of sleep	47	46	49	54	49	47	64	31	42	56	47	34	51	42	54	46	42	49	46
I would prefer an extra hour of sleep to this	36	38	34	30	36	36	21	49	42	30	37	41	33	40	28	38	39	33	36
Don't know	17	16	17	16	16	17	15	20	16	14	16	25	17	18	19	16	18	18	18

An hour of uninterrupted quality time with a romantic partner

I would prefer this to an extra hour of sleep	53	56	55	60	57	53	64	43	55	59	54	42	56	50	54	52	51	58	48
I would prefer an extra hour of sleep to this	31	30	30	28	30	32	21	40	29	29	32	34	31	31	26	32	33	29	34
Don't know	16	15	15	12	13	15	14	17	17	12	14	24	13	19	19	16	16	13	18

An hour of uninterrupted time with friends or wider family

I would prefer this to an extra hour of sleep	48	48	49	48	50	47	47	49	51	47	47	49	49	46	43	45	48	55	47
I would prefer an extra hour of sleep to this	39	39	38	39	39	39	39	38	40	41	41	32	39	38	41	42	36	35	40
Don't know	13	12	13	13	11	14	13	13	9	12	13	19	11	16	16	13	16	10	13

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	Yes, of at least one child younger than 18 years old	Yes, of at least one child 18 years old or older	No, I am neither a parent or guardian	Mothers	Fathers	Women who live alone	Men who live alone	Women who live with a partner	Men who live with a partner	
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Unweighted Sample	1684	345	683	617	188	157	186	108	466	430
	%	%	%	%	%	%	%	%	%	%

If you were offered each of the following, would you would prefer to have that thing, or to have an extra hour of sleep:

To be given £20 cash

I would prefer this to an extra hour of sleep	44	45	41	44	41	49	44	42	38	48
I would prefer an extra hour of sleep to this	47	50	49	47	54	47	49	50	53	43
Don't know	9	5	10	9	5	4	7	9	8	8

To be given £50 cash

I would prefer this to an extra hour of sleep	69	77	65	70	77	78	69	70	66	71
I would prefer an extra hour of sleep to this	23	18	28	23	19	17	26	24	27	23
Don't know	8	5	7	7	5	5	5	6	7	7

An hour of good behaviour from my child/children

[Asked to those who are a parent of guardian to children under or over 18; n=974]

I would prefer this to an extra hour of sleep	29	47	20	0	44	49	17	26	26	37
I would prefer an extra hour of sleep to this	40	42	39	0	45	40	46	45	38	38
Don't know	31	11	41	0	11	11	37	29	36	25

Having sex with someone I'm attracted to

I would prefer this to an extra hour of sleep	47	57	42	51	34	79	30	65	29	69
I would prefer an extra hour of sleep to this	36	33	38	33	55	12	46	21	53	17
Don't know	17	10	20	17	10	9	24	14	18	13

An hour of uninterrupted quality time with a romantic partner

I would prefer this to an extra hour of sleep	53	57	51	55	41	72	32	55	47	72
I would prefer an extra hour of sleep to this	31	36	32	29	51	22	45	24	39	19
Don't know	16	7	17	16	8	6	23	21	15	10

An hour of uninterrupted time with friends or wider family

I would prefer this to an extra hour of sleep	48	48	52	44	44	52	42	40	51	49
I would prefer an extra hour of sleep to this	39	44	33	43	47	41	44	44	36	40
Don't know	13	8	14	13	8	8	14	16	13	11