

## YouGov - Bed Habits

Sample Size: 1715 GB Adults  
Fieldwork: 23rd - 24th July 2019

	Gender		Age				Social Grade		Region					
	Total	Male	Female	18-24	25-49	50-64	65+	ABC1	C2DE	London	Rest of South	Midlands / Wales	North	Scotland
<b>Weighted Sample</b>	<b>1715</b>	830	885	189	722	408	396	978	737	206	573	370	418	147
Unweighted Sample	1715	769	946	148	709	403	455	1036	679	167	593	376	421	158
	%	%	%	%	%	%	%	%	%	%	%	%	%	%

Are you currently in a relationship where you sleep in the same bed as your partner?

Yes I am	<b>60</b>	63	57	41	65	63	56	63	56	57	60	63	60	55
No I am not	<b>40</b>	37	43	59	35	37	44	37	44	43	40	37	40	45

Do you think that one of you takes up more than your fair share of the bed?

[Asked only to those who responded that they are in a relationship where they share a bed with their partner; n=1043]

Yes, I take up more than my fair share of the bed	<b>11</b>	9	13	11	15	8	7	10	12	14	11	10	12	6
Yes, my partner takes up more than their fair share of the bed	<b>28</b>	29	28	44	33	23	20	29	27	26	23	35	34	16
No, neither of us take up more than our fair share of the bed	<b>58</b>	60	56	39	49	69	72	58	59	56	63	52	52	76
Don't know	<b>3</b>	2	3	6	4	0	1	3	2	4	3	3	2	1

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You have said you think you take up more than your fair share of the bed when sleeping with your partner. Roughly what proportion of the bed would you say you are taking up?

[Asked only to those who responded Yes, I take up more than my fair share of the bed; n=118]

51%	1	8	0	0	5	0	0	0	7	0	0	4	9	0
52%	0	0	0	0	0	0	0	0	0	0	0	0	0	0
53%	0	3	2	0	4	0	0	2	3	0	4	0	5	0
54%	0	5	0	0	0	11	0	2	3	0	3	0	4	0
55%	6	9	9	24	9	7	6	12	6	5	13	12	5	0
56%	1	2	2	0	3	0	0	2	1	5	2	3	0	0
57%	1	3	6	0	5	0	12	5	3	0	13	0	0	0
58%	4	2	7	0	4	12	0	4	6	0	2	0	16	0
59%	1	0	0	0	0	0	0	0	0	0	0	0	0	0
60%	43	49	42	65	41	41	59	44	46	50	40	54	34	89
61%	1	0	3	0	1	0	5	2	1	0	3	3	0	0
62%	2	0	1	5	0	0	0	1	0	0	0	2	0	0
63%	1	0	2	0	0	5	0	2	0	6	0	0	0	0
64%	2	0	0	0	0	0	0	0	0	0	0	0	0	0
65%	18	9	11	0	12	10	10	10	11	21	9	3	12	11
66%	2	0	1	0	1	0	0	2	0	0	3	0	0	0
67%	1	0	0	0	0	0	0	0	0	0	0	0	0	0
68%	1	0	0	0	0	0	0	0	0	0	0	0	0	0
69%	0	0	2	0	2	0	0	2	0	6	0	0	0	0
70%	11	5	6	7	7	4	3	6	6	0	4	8	11	0
More than 70%	3	0	5	0	4	0	0	2	3	0	2	3	5	0
Don't know	4	6	1	0	2	9	5	3	4	6	2	8	0	0

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	%	%	%	%	%	%	%	%	%	%	%	%	%	%

You have said you think your partner takes up more than their fair share of the bed when you are sleeping together. Roughly what proportion of the bed would you say your partner takes up?  
[Asked only to those who responded Yes, my partner takes up more than their fair share of the bed; n=278]

51%	1	1	1	0	1	0	0	0	1	4	0	0	0	6
52%	0	0	0	0	0	0	1	0	0	0	0	0	0	5
53%	0	0	1	0	0	2	0	1	0	0	0	0	1	0
54%	0	0	0	0	0	0	0	0	0	0	0	0	0	0
55%	6	5	6	0	8	3	8	6	5	12	3	7	5	0
56%	1	1	0	2	1	0	0	1	0	7	0	0	0	0
57%	1	0	2	0	1	2	0	0	2	0	1	0	2	0
58%	4	2	6	2	2	1	15	6	1	5	4	6	1	12
59%	1	1	2	0	1	1	0	0	2	0	0	3	1	0
60%	43	46	40	51	40	45	41	43	43	14	58	39	42	48
61%	1	2	0	0	2	0	1	2	0	2	2	2	0	0
62%	2	0	3	2	1	3	1	3	1	0	1	5	1	0
63%	1	1	1	0	1	1	2	1	1	2	1	0	1	0
64%	2	1	3	2	1	1	4	1	2	9	1	1	1	0
65%	18	18	19	17	17	25	16	19	16	25	14	15	23	18
66%	2	3	1	0	3	2	2	4	0	3	3	1	3	0
67%	1	1	1	0	1	0	0	0	1	5	1	0	0	0
68%	1	0	1	0	0	2	0	0	1	2	0	1	0	0
69%	0	0	0	0	0	0	0	0	1	0	0	0	1	0
70%	11	13	8	18	11	5	8	8	14	6	10	13	11	11
More than 70%	3	2	4	2	4	3	1	2	5	4	1	4	5	0
Don't know	2	3	1	3	2	4	0	1	4	0	2	3	2	0

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**And which, if any, of these other bad bed habits do you or your partner do?**

[Asked only to those who responded Yes I am in a relationship with a partner where we share a bed; n=1043]

**Hogging the duvet**

I do this	<b>13</b>	9	18	18	18	10	7	12	15	25	13	8	15	10
My partner does this	<b>29</b>	33	24	37	29	30	22	30	27	22	29	32	28	30
We both do this	<b>16</b>	14	18	21	21	10	10	16	15	15	14	20	17	14
Neither of us do this	<b>39</b>	41	36	22	27	47	58	39	38	35	40	36	39	42
Don't know	<b>3</b>	3	3	1	5	2	2	3	4	4	4	4	1	5

**Stealing the pillows**

I do this	<b>4</b>	5	3	14	6	1	1	4	5	10	2	4	5	2
My partner does this	<b>8</b>	9	7	9	12	5	2	7	9	7	7	9	8	11
We both do this	<b>4</b>	4	3	10	5	1	2	4	4	5	3	6	3	4
Neither of us do this	<b>82</b>	79	85	67	74	91	93	83	80	76	86	79	83	82
Don't know	<b>2</b>	3	1	0	3	2	2	2	2	3	2	3	0	2

**Passing wind in bed**

I do this	<b>12</b>	19	4	8	13	13	9	12	12	14	12	10	9	18
My partner does this	<b>15</b>	7	23	19	18	10	12	15	15	10	14	15	19	14
We both do this	<b>43</b>	43	44	47	44	43	40	43	44	45	43	48	41	37
Neither of us do this	<b>22</b>	24	20	22	17	26	30	23	21	24	23	19	24	21
Don't know	<b>8</b>	7	9	4	8	8	9	7	9	8	8	9	7	10

**Snoring**

I do this	<b>18</b>	27	9	18	19	19	17	19	18	21	18	20	16	14
My partner does this	<b>29</b>	20	38	26	31	26	29	30	27	36	28	27	30	25
We both do this	<b>36</b>	35	36	15	32	45	39	34	38	26	37	38	35	40
Neither of us do this	<b>14</b>	13	14	41	14	7	11	14	12	12	11	12	18	19
Don't know	<b>4</b>	4	3	0	5	3	4	3	5	6	5	4	2	2

**Using their phone while you're trying to sleep**

I do this	<b>10</b>	8	12	12	15	8	3	12	7	16	9	6	10	17
My partner does this	<b>13</b>	14	11	16	20	6	2	13	11	15	13	12	12	6
We both do this	<b>12</b>	12	12	23	19	5	2	11	14	13	9	14	16	8
Neither of us do this	<b>63</b>	62	64	49	43	79	91	61	66	52	67	64	61	65
Don't know	<b>2</b>	3	2	0	3	2	2	3	2	4	2	4	0	4

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<b>Talking in their sleep</b>														
I do this	<b>14</b>	14	15	13	17	11	13	13	16	18	12	14	17	15
My partner does this	<b>22</b>	21	23	41	21	20	20	21	23	20	22	20	25	21
We both do this	<b>9</b>	10	8	10	11	9	6	9	9	7	12	8	9	6
Neither of us do this	<b>47</b>	47	48	35	44	52	53	50	44	47	45	50	46	53
Don't know	<b>7</b>	8	6	2	7	8	8	6	9	8	9	9	4	5
<b>Eating in bed</b>														
I do this	<b>4</b>	5	4	9	5	4	2	4	5	7	4	3	4	4
My partner does this	<b>6</b>	9	4	7	10	4	2	6	7	8	7	7	5	3
We both do this	<b>13</b>	13	13	44	14	10	5	15	12	8	13	13	16	14
Neither of us do this	<b>74</b>	70	78	37	69	81	89	73	75	75	73	73	74	76
Don't know	<b>2</b>	3	2	3	3	1	2	2	2	2	2	4	0	3
<b>Tossing and turning in the night</b>														
I do this	<b>28</b>	26	31	33	25	34	25	27	30	35	26	24	34	21
My partner does this	<b>15</b>	16	14	33	17	10	13	15	16	17	15	13	16	18
We both do this	<b>39</b>	39	38	20	40	39	41	41	36	32	39	45	35	40
Neither of us do this	<b>13</b>	13	13	12	10	14	17	13	12	13	12	12	13	17
Don't know	<b>5</b>	6	4	1	7	3	3	4	5	3	7	5	2	4