

YouGov - What time Britons get up

Sample: 2,031 GB adults aged 18+

Fieldwork: 5th - 6th February 2024

Total	Gender		Age					Social Grade	
	Male	Female	18-24	25-34	35-44	45-54	55+	ABC1	C2DE

On a workday, what time do you typically get up? (If you are not working, please say what time you typically get up on a week-day, i.e. Mon-Fri). Please format your answer as e.g. 6.15am/pm.

Respondents wrote their own get-up times directly. If a time of day is not presented below, that is because no respondent said they get up at that time

Unweighted base	2031	998	1033	230	338	354	310	799	1184	847
Base	2031	986	1046	226	337	354	320	795	1152	879
12.00am (midnight)	0%	-	0%	-	-	-	-	0%	-	0%
1.00am	0%	0%	-	-	-	-	-	0%	-	0%
2.15am	0%	0%	-	-	-	-	0%	-	-	0%
3.00am	0%	0%	0%	-	0%	1%	-	-	0%	0%
3.15am	0%	0%	-	-	-	-	-	0%	-	0%
3.30am	0%	0%	0%	0%	0%	0%	-	0%	-	0%
3.50am	0%	0%	-	-	-	-	-	0%	0%	-
4.00am	1%	1%	0%	1%	1%	1%	1%	1%	1%	1%
4.10am	0%	-	0%	-	-	-	0%	-	0%	-
4.15am	0%	0%	-	-	0%	1%	-	-	0%	0%
4.30am	0%	0%	0%	-	1%	1%	1%	-	0%	1%
4.40am	0%	0%	-	-	-	-	0%	-	0%	-
4.45am	0%	1%	0%	-	0%	-	1%	0%	0%	0%
4.50am	0%	0%	0%	-	0%	-	1%	-	0%	0%
5.00am	3%	3%	3%	5%	3%	2%	5%	2%	3%	2%
5.10am	0%	0%	-	0%	-	1%	-	-	0%	0%
5.15am	0%	0%	0%	-	1%	1%	-	1%	1%	0%
5.20am	0%	0%	0%	-	-	0%	0%	-	0%	-
5.25am	0%	0%	0%	0%	-	0%	-	0%	0%	0%
5.30am	3%	3%	3%	2%	5%	3%	5%	2%	3%	3%
5.35am	0%	-	0%	-	0%	0%	-	-	0%	0%

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5.50am	0%	0%	1%	0%	1%	0%	2%	-	1%	0%
5.55am	0%	-	0%	-	0%	0%	-	-	0%	-
6.00am	10%	10%	10%	12%	10%	14%	10%	8%	10%	10%
6.05am	0%	0%	0%	0%	-	1%	-	0%	0%	0%
6.10am	0%	1%	0%	0%	0%	0%	-	0%	0%	0%
6.15am	2%	2%	2%	3%	2%	2%	4%	1%	3%	1%
6.20am	1%	1%	1%	1%	1%	2%	1%	1%	1%	1%
6.25am	0%	0%	0%	0%	1%	-	0%	0%	0%	0%
6.30am	9%	9%	10%	6%	10%	13%	13%	7%	10%	8%
6.35am	0%	0%	-	-	-	-	0%	-	0%	-
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6.45am	3%	2%	3%	3%	2%	3%	3%	2%	3%	3%
6.55am	0%	-	0%	-	-	0%	-	-	-	0%
7.00am	16%	15%	16%	15%	16%	19%	19%	13%	17%	14%
7.05am	0%	0%	0%	0%	-	-	0%	0%	0%	-
7.10am	0%	1%	0%	-	1%	1%	0%	0%	1%	0%
7.15am	2%	1%	2%	1%	3%	2%	1%	2%	2%	1%
7.20am	1%	0%	1%	1%	1%	1%	0%	0%	1%	0%
7.25am	0%	0%	0%	1%	-	-	-	-	0%	-

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7.55am	0%	0%	0%	-	0%	0%	-	0%	0%	0%
8.00am	9%	9%	9%	11%	8%	6%	5%	12%	10%	9%
8.10am	0%	0%	0%	-	0%	0%	-	0%	0%	0%
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8.20am	0%	0%	0%	1%	1%	-	0%	-	0%	0%
8.25am	0%	-	0%	-	0%	-	-	-	-	0%
8.30am	5%	4%	6%	3%	4%	3%	4%	8%	4%	6%
8.40am	0%	0%	-	-	0%	0%	-	-	0%	0%
8.45am	0%	0%	0%	0%	-	1%	-	1%	1%	-
8.50am	0%	0%	0%	-	1%	-	-	0%	0%	-
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9.15am	0%	0%	0%	-	-	-	-	1%	0%	0%
9.30am	1%	2%	1%	1%	-	0%	1%	3%	1%	2%
9.35am	0%	0%	-	-	-	-	0%	-	-	0%
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10.45am	0%	-	0%	-	-	-	-	0%	-	0%
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3.30pm	0%	0%	0%	-	-	0%	-	0%	-	0%
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5.15pm	0%	0%	-	-	-	-	-	0%	-	0%
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Don't know	0%	0%	0%	1%	0%	-	-	-	0%	0%
None	2%	2%	1%	3%	1%	2%	0%	2%	1%	3%
Other	1%	1%	0%	0%	1%	1%	-	0%	0%	1%

Cell Contents (Column Percentages, Statistical Test Results), Statistics (Column Proportions, (95%): A/B, C/D/E/F/G, H/I, J/K/L/M/N/O/P/Q, R/S/T/

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3.30am	0%	0%	0%	0%	-	-	-	-
3.50am	0%	-	0%	0%	-	-	-	-
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4.10am	0%	0%	-	0%	-	-	-	-
4.15am	0%	0%	-	0%	-	-	-	1%
4.30am	0%	1%	-	1%	-	-	-	-
4.40am	0%	0%	-	0%	-	-	-	-
4.45am	0%	0%	0%	0%	-	0%	-	1%
4.50am	0%	0%	-	0%	-	-	-	-
5.00am	3%	3%	3%	3%	6%	1%	3%	2%
5.10am	0%	0%	-	0%	1%	-	-	-
5.15am	0%	1%	-	1%	-	0%	-	-
5.20am	0%	0%	-	0%	-	-	-	-
5.25am	0%	0%	-	0%	-	-	-	1%
5.30am	3%	5%	3%	4%	4%	1%	-	1%
5.35am	0%	0%	-	0%	-	-	-	-

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5.55am	0%	0%	-	0%	-	-	1%	-
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6.15am	2%	3%	2%	3%	4%	0%	-	-
6.20am	1%	2%	1%	2%	1%	-	-	-
6.25am	0%	0%	0%	0%	1%	-	-	-
6.30am	9%	12%	8%	11%	8%	6%	5%	7%
6.35am	0%	0%	-	0%	-	-	-	-
6.40am	0%	0%	0%	0%	-	-	-	-
6.45am	3%	3%	5%	4%	2%	1%	-	2%
6.55am	0%	-	-	-	-	-	-	1%
7.00am	16%	17%	16%	17%	14%	13%	18%	18%
7.05am	0%	0%	-	0%	1%	0%	-	-
7.10am	0%	1%	0%	1%	-	0%	-	-
7.15am	2%	2%	4%	2%	1%	1%	3%	1%
7.20am	1%	1%	0%	1%	-	0%	-	-
7.25am	0%	0%	-	0%	-	-	-	-

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7.55am	0%	0%	0%	0%	-	-	-	1%
8.00am	9%	6%	9%	7%	13%	14%	13%	9%
8.10am	0%	0%	-	0%	-	1%	-	-
8.15am	1%	1%	0%	1%	1%	2%	-	1%
8.20am	0%	0%	-	0%	1%	-	-	-
8.25am	0%	-	0%	0%	-	-	-	-
8.30am	5%	3%	3%	3%	2%	12%	3%	4%
8.40am	0%	0%	-	0%	-	-	-	1%
8.45am	0%	0%	-	0%	-	1%	2%	-
8.50am	0%	0%	-	0%	-	0%	-	-
9.00am	5%	2%	4%	2%	9%	10%	8%	9%
9.05am	0%	-	-	-	1%	-	-	-
9.15am	0%	-	-	-	-	2%	-	1%
9.30am	1%	0%	1%	0%	2%	4%	-	2%
9.35am	0%	-	0%	0%	-	-	-	-
9.45am	0%	-	0%	0%	-	-	2%	-
9.50am	0%	-	0%	0%	-	-	2%	-

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10.30am	1%	0%	2%	1%	1%	0%	-	1%
10.45am	0%	-	-	-	-	0%	-	-
11.00am	1%	0%	0%	0%	-	1%	5%	4%
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1.30pm	0%	0%	-	0%	-	-	2%	-
2.00pm	0%	0%	-	0%	1%	0%	2%	-
3.00pm	0%	0%	0%	0%	-	-	-	-
3.30pm	0%	0%	-	0%	-	-	-	-
4.00pm	0%	-	-	-	1%	0%	-	-
5.15pm	0%	-	0%	0%	-	-	-	-
5.30pm	0%	0%	-	0%	-	-	-	1%
6.00pm	0%	0%	-	0%	-	-	-	-
6.30pm	0%	0%	-	0%	-	-	-	-
7.00pm	0%	-	-	-	-	0%	-	-

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8.10pm	0%	-	0%	0%	-	-	-	-
9.30pm	0%	0%	-	0%	-	-	-	-
Don't know	0%	-	-	-	2%	-	-	1%
None	2%	1%	1%	1%	4%	3%	2%	6%
Other	1%	1%	1%	1%	-	-	2%	-

Cell Contents I/U/V/W/X/Y/Z/AA/AB/AC, AD/AE/AF/AG/AH/AI/AJ, AK/AL/AM/AN/AO, AP/AQ/AR/AS/AT/AU, AV/AW/A

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Total	Children in Household					
	0	1	2	3+	ALL WITH CHILDREN IN HOUSEHOLD (NET)	Refused

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3.00am	0%	0%	-	-	-	-	-
3.15am	0%	0%	-	-	-	-	-
3.30am	0%	0%	0%	-	-	0%	-
3.50am	0%	0%	-	-	-	-	-
4.00am	1%	1%	1%	0%	1%	1%	2%
4.10am	0%	0%	-	-	-	-	-
4.15am	0%	0%	-	-	-	-	-
4.30am	0%	0%	1%	0%	-	1%	-
4.40am	0%	0%	-	-	-	-	-
4.45am	0%	0%	0%	-	-	0%	-
4.50am	0%	0%	-	1%	-	0%	-
5.00am	3%	3%	3%	1%	1%	2%	10%
5.10am	0%	0%	-	-	1%	0%	2%
5.15am	0%	1%	0%	-	1%	0%	-
5.20am	0%	0%	-	-	-	-	-
5.25am	0%	0%	1%	-	-	0%	-
5.30am	3%	2%	5%	5%	3%	5%	4%
5.35am	0%	-	0%	0%	-	0%	-

YouGov - What time Britons get up

Sample: 2,031 GB adults aged 18+

Fieldwork: 5th - 6th February 2024

Total	Children in Household					
	0	1	2	3+	ALL WITH CHILDREN IN HOUSEHOLD (NET)	Refused

On a workday, what time do you typically get up? (If you are not working, please say what time you typically get up on a week-day, i.e. Mon-Fri). Please format your answer as e.g. 6.15am/pm.

Respondents wrote their own get-up times directly. If a time of day is not presented below, that is because no respondent said they get up at that time

Unweighted base	2031	1399	264	240	75	579	53
Base	2031	1395	267	241	74	583	53
5.40am	0%	0%	0%	1%	-	1%	-
5.45am	2%	2%	2%	3%	1%	2%	2%
5.50am	0%	0%	0%	0%	1%	1%	-
5.55am	0%	0%	-	0%	-	0%	-
6.00am	10%	8%	12%	18%	9%	14%	10%
6.05am	0%	0%	0%	-	1%	0%	-
6.10am	0%	0%	-	0%	-	0%	-
6.15am	2%	2%	3%	3%	5%	3%	2%
6.20am	1%	1%	0%	1%	1%	1%	-
6.25am	0%	0%	-	0%	1%	0%	2%
6.30am	9%	7%	13%	14%	13%	14%	9%
6.35am	0%	0%	-	-	-	-	-
6.40am	0%	0%	-	0%	-	0%	-
6.45am	3%	2%	4%	4%	1%	4%	2%
6.55am	0%	-	-	0%	-	0%	-
7.00am	16%	14%	21%	18%	20%	20%	17%
7.05am	0%	0%	-	-	1%	0%	-
7.10am	0%	0%	1%	0%	1%	1%	-
7.15am	2%	2%	1%	2%	4%	2%	-
7.20am	1%	0%	1%	1%	-	1%	-
7.25am	0%	0%	-	-	-	-	-

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7.45am	1%	1%	2%	2%	1%	2%	-
7.50am	0%	0%	0%	0%	-	0%	-
7.55am	0%	0%	0%	-	-	0%	-
8.00am	9%	11%	5%	3%	8%	5%	9%
8.10am	0%	0%	-	0%	-	0%	-
8.15am	1%	1%	-	1%	-	0%	-
8.20am	0%	0%	0%	1%	-	1%	-
8.25am	0%	0%	-	-	-	-	-
8.30am	5%	7%	1%	2%	1%	1%	-
8.40am	0%	0%	-	-	-	-	-
8.45am	0%	0%	0%	-	-	0%	-
8.50am	0%	0%	0%	-	-	0%	-
9.00am	5%	6%	2%	1%	5%	2%	4%
9.05am	0%	0%	-	-	-	-	-
9.15am	0%	1%	-	-	-	-	-
9.30am	1%	2%	-	-	-	-	5%
9.35am	0%	0%	-	-	-	-	-
9.45am	0%	0%	-	-	-	-	-
9.50am	0%	0%	-	-	1%	0%	-

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10.00am	2%	3%	2%	-	3%	1%	2%
10.15am	0%	0%	-	-	-	-	-
10.20am	0%	0%	0%	-	-	0%	-
10.30am	1%	1%	-	0%	-	0%	4%
10.45am	0%	0%	-	-	-	-	-
11.00am	1%	1%	0%	-	-	0%	6%
11.30am	0%	0%	-	-	-	-	-
11.45am	0%	-	-	0%	-	0%	-
12.00pm (midday)	0%	1%	0%	-	-	0%	-
12.30pm	0%	0%	-	-	-	-	-
1.00pm	0%	0%	0%	-	-	0%	-
1.30pm	0%	0%	-	-	-	-	-
2.00pm	0%	0%	-	-	-	-	-
3.00pm	0%	0%	-	-	1%	0%	-
3.30pm	0%	0%	-	0%	-	0%	-
4.00pm	0%	0%	-	-	-	-	-
5.15pm	0%	0%	-	-	-	-	-
5.30pm	0%	0%	0%	-	-	0%	2%
6.00pm	0%	0%	-	0%	-	0%	-
6.30pm	0%	-	0%	-	-	0%	-
7.00pm	0%	0%	-	-	-	-	-

YouGov - What time Britons get up

Sample: 2,031 GB adults aged 18+

Fieldwork: 5th - 6th February 2024

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8.00pm	0%	0%	-	-	-	-	2%
8.10pm	0%	0%	-	-	-	-	-
9.30pm	0%	-	-	-	1%	0%	-
Don't know	0%	-	-	1%	-	0%	2%
None	2%	2%	1%	3%	1%	2%	2%
Other	1%	0%	2%	-	1%	1%	-

Cell Contents X/AY/AZ/BA/BB/BC, BD/BE/BF/BG/BH/BI/BJ/BK/BL/BM)

YouGov - What time Britons get up

Sample: 2,031 GB adults aged 18+

Fieldwork: 5th - 6th February 2024

Total	Parent/ Guardian							
	Parent/ guardian (any age)	Not parent/ guardian	4 years and under	5 to 11 years	12 to 16 years	17 to 18 years	18 years and under	Over 18 years

On a workday, what time do you typically get up? (If you are not working, please say what time you typically get up on a week-day, i.e. Mon-Fri). Please format your answer as e.g. 6.15am/pm.

Respondents wrote their own get-up times directly. If a time of day is not presented below, that is because no respondent said they get up at that time

Unweighted base	2031	1154	877	147	261	224	83	525	691
Base	2031	1160	871	146	261	228	86	530	697
12.00am (midnight)	0%	0%	-	-	-	-	-	-	0%
1.00am	0%	0%	-	-	-	-	-	-	0%
2.15am	0%	0%	-	-	-	0%	-	0%	-
3.00am	0%	-	0%	-	-	-	-	-	-
3.15am	0%	0%	0%	-	-	-	-	-	0%
3.30am	0%	0%	0%	-	0%	0%	-	0%	-
3.50am	0%	0%	-	-	-	-	-	-	0%
4.00am	1%	1%	1%	2%	1%	0%	-	1%	1%
4.10am	0%	-	0%	-	-	-	-	-	-
4.15am	0%	0%	0%	-	-	0%	-	0%	-
4.30am	0%	0%	0%	1%	-	1%	1%	1%	-
4.40am	0%	0%	-	-	-	-	-	-	0%
4.45am	0%	0%	0%	-	-	-	1%	0%	0%
4.50am	0%	0%	0%	-	-	-	-	-	0%
5.00am	3%	3%	3%	1%	1%	3%	-	2%	3%
5.10am	0%	0%	0%	-	-	0%	-	0%	-
5.15am	0%	0%	1%	1%	0%	-	-	0%	0%
5.20am	0%	-	0%	-	-	-	-	-	-
5.25am	0%	0%	0%	-	-	0%	-	0%	-
5.30am	3%	4%	2%	6%	3%	5%	12%	5%	3%
5.35am	0%	0%	-	-	0%	-	1%	0%	-

YouGov - What time Britons get up

Sample: 2,031 GB adults aged 18+

Fieldwork: 5th - 6th February 2024

Total	Parent/ Guardian							
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Base	2031	1160	871	146	261	228	86	530	697
5.40am	0%	0%	0%	-	1%	0%	-	0%	-
5.45am	2%	2%	2%	3%	2%	3%	3%	3%	2%
5.50am	0%	0%	1%	1%	1%	0%	-	0%	-
5.55am	0%	0%	0%	1%	0%	-	-	0%	-
6.00am	10%	11%	8%	20%	16%	11%	16%	15%	8%
6.05am	0%	0%	0%	1%	0%	0%	-	0%	0%
6.10am	0%	0%	0%	1%	-	-	-	0%	0%
6.15am	2%	2%	2%	1%	4%	3%	1%	3%	1%
6.20am	1%	1%	2%	1%	1%	1%	1%	1%	0%
6.25am	0%	0%	0%	1%	-	0%	-	0%	0%
6.30am	9%	11%	7%	14%	14%	16%	19%	14%	9%
6.35am	0%	-	0%	-	-	-	-	-	-
6.40am	0%	0%	0%	-	0%	-	-	0%	0%
6.45am	3%	3%	2%	4%	3%	5%	7%	5%	3%
6.55am	0%	0%	-	1%	0%	-	-	0%	-
7.00am	16%	16%	15%	16%	21%	22%	16%	20%	14%
7.05am	0%	0%	0%	-	-	-	-	-	0%
7.10am	0%	0%	0%	1%	1%	1%	-	1%	0%
7.15am	2%	2%	2%	2%	4%	2%	1%	2%	2%
7.20am	1%	1%	0%	1%	1%	1%	-	1%	0%
7.25am	0%	-	0%	-	-	-	-	-	-

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Base	2031	1160	871	146	261	228	86	530	697
7.30am	9%	10%	8%	8%	6%	8%	6%	8%	11%
7.40am	0%	0%	0%	1%	-	-	-	0%	0%
7.45am	1%	1%	1%	2%	2%	2%	1%	2%	1%
7.50am	0%	1%	0%	-	0%	0%	-	0%	1%
7.55am	0%	-	0%	-	-	-	-	-	-
8.00am	9%	8%	10%	3%	6%	4%	6%	5%	11%
8.10am	0%	0%	0%	-	0%	-	-	0%	0%
8.15am	1%	1%	1%	-	1%	-	-	0%	1%
8.20am	0%	0%	0%	-	1%	-	-	0%	-
8.25am	0%	-	0%	-	-	-	-	-	-
8.30am	5%	5%	4%	1%	1%	0%	1%	1%	8%
8.40am	0%	-	0%	-	-	-	-	-	-
8.45am	0%	0%	0%	1%	-	0%	1%	0%	0%
8.50am	0%	0%	0%	-	0%	0%	-	0%	0%
9.00am	5%	5%	6%	1%	1%	1%	1%	1%	7%
9.05am	0%	-	0%	-	-	-	-	-	-
9.15am	0%	1%	0%	-	-	-	-	-	1%
9.30am	1%	1%	1%	-	-	0%	-	0%	2%
9.35am	0%	-	0%	-	-	-	-	-	-
9.45am	0%	0%	0%	-	-	-	-	-	0%
9.50am	0%	-	0%	-	-	-	-	-	-

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10.00am	2%	2%	3%	1%	0%	1%	1%	1%	3%
10.15am	0%	-	0%	-	-	-	-	-	-
10.20am	0%	0%	0%	-	0%	-	-	0%	0%
10.30am	1%	1%	1%	-	-	0%	-	0%	1%
10.45am	0%	-	0%	-	-	-	-	-	-
11.00am	1%	0%	2%	-	-	-	-	-	1%
11.30am	0%	0%	0%	-	-	-	-	-	0%
11.45am	0%	0%	-	-	-	0%	-	0%	0%
12.00pm (midday)	0%	0%	1%	-	-	-	-	-	0%
12.30pm	0%	0%	-	-	-	-	-	-	0%
1.00pm	0%	-	0%	-	-	-	-	-	-
1.30pm	0%	0%	0%	-	-	-	-	-	0%
2.00pm	0%	-	0%	-	-	-	-	-	-
3.00pm	0%	0%	0%	-	0%	-	-	0%	-
3.30pm	0%	0%	-	-	0%	0%	-	0%	0%
4.00pm	0%	0%	0%	-	-	-	-	-	0%
5.15pm	0%	-	0%	-	-	-	-	-	-
5.30pm	0%	0%	0%	-	-	0%	-	0%	0%
6.00pm	0%	0%	0%	1%	0%	-	-	0%	0%
6.30pm	0%	0%	-	-	0%	-	-	0%	-
7.00pm	0%	-	0%	-	-	-	-	-	-

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9.30pm	0%	0%	-	-	-	0%	1%	0%	-
Don't know	0%	-	0%	-	-	-	-	-	-
None	2%	1%	2%	1%	2%	1%	-	1%	2%
Other	1%	1%	1%	2%	0%	0%	-	1%	0%

Cell Contents |