

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Total	Gender		Agegroup 16			
	Male	Female	16-24	25-39	40-59	60+

How important is it to you to get a good night's sleep?

	Total	Male	Female	16-24	25-39	40-59	60+
Unweighted base	2512	1145	1367	307	563	777	865
Base	2512	1218	1294	339	623	774	776
Very important	67%	64%	70%	59%	69%	69%	67%
Somewhat important	27%	29%	25%	29%	24%	27%	29%
Not really important	3%	4%	3%	6%	4%	2%	3%
Not important at all	1%	1%	1%	2%	1%	1%	-
Don't know	2%	2%	1%	5%	2%	1%	0%

When it comes to your sleep, which applies to you more...?

	Total	Male	Female	16-24	25-39	40-59	60+
Unweighted base	2512	1145	1367	307	563	777	865
Base	2512	1218	1294	339	623	774	776
I always find it easy to sleep	7%	10%	4%	7%	7%	8%	7%
I usually find it easy to sleep	31%	35%	27%	28%	29%	30%	34%
I sometimes find it easy to sleep, sometimes find it difficult	35%	32%	38%	32%	37%	34%	37%
I usually find it difficult to sleep	17%	15%	19%	18%	18%	19%	14%
I always find it difficult to sleep	8%	6%	11%	10%	7%	9%	8%
Don't know	1%	2%	1%	6%	2%	0%	-

Do you think your life at the moment would be improved by having more sleep?

	Total	Male	Female	16-24	25-39	40-59	60+
Unweighted base	640	234	406	88	141	222	189
Base	641	253	388	93	157	221	171
It would, very much	53%	50%	55%	55%	56%	57%	45%
It would, somewhat	36%	38%	35%	30%	33%	34%	46%
It would not	4%	4%	4%	7%	4%	4%	3%
Don't know	7%	8%	6%	8%	7%	6%	7%

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Total	Gender		Agegroup 16			
	Male	Female	16-24	25-39	40-59	60+

Are you more of an early riser or a night owl?

Unweighted base	2512	1145	1367	307	563	777	865
Base	2512	1218	1294	339	623	774	776
More of an early riser	33%	35%	32%	18%	31%	35%	39%
More of a night owl	44%	46%	43%	59%	51%	40%	37%
Neither	20%	16%	23%	14%	15%	23%	24%
Don't know	3%	3%	2%	8%	3%	2%	1%

If you could eliminate the need for sleep, would you do it?

Unweighted base	2512	1145	1367	307	563	777	865
Base	2512	1218	1294	339	623	774	776
I would	24%	31%	18%	35%	34%	22%	14%
I would not	61%	54%	68%	48%	53%	64%	70%
Don't know	15%	15%	14%	17%	13%	14%	15%

In terms of when you go to bed at night, which applies to you more...?

Unweighted base	2512	1145	1367	307	563	777	865
Base	2512	1218	1294	339	623	774	776
I always go to bed at the same time	8%	8%	8%	6%	7%	8%	10%
I usually go to bed at the same time	63%	61%	66%	47%	63%	63%	71%
I usually go to bed at different times	21%	22%	21%	31%	21%	22%	17%
I always go to bed at different times	6%	7%	4%	8%	7%	6%	3%
Don't know	2%	3%	1%	8%	2%	1%	0%

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Total	Gender		Agegroup 16			
	Male	Female	16-24	25-39	40-59	60+

What time, on average, do you go to bed at night?

	2512	1145	1367	307	563	777	865
Unweighted base	2512	1145	1367	307	563	777	865
Base	2512	1218	1294	339	623	774	776
8 PM or earlier	1%	1%	1%	1%	1%	1%	2%
8.30 PM	1%	1%	2%	2%	1%	2%	1%
9 PM	4%	3%	4%	3%	5%	4%	3%
9.30 PM	6%	5%	6%	3%	6%	9%	4%
10 PM	14%	11%	16%	8%	13%	16%	14%
10.30 PM	17%	15%	18%	9%	18%	16%	20%
11 PM	18%	17%	18%	14%	16%	19%	19%
11.30 PM	10%	11%	9%	11%	9%	7%	12%
Around midnight	13%	14%	12%	19%	13%	12%	12%
00.30	4%	5%	3%	6%	4%	4%	4%
1 AM or later	11%	13%	8%	17%	12%	9%	8%
Don't know	3%	3%	2%	8%	3%	2%	1%

How long, on average, does it take you to get to sleep?

	2512	1145	1367	307	563	777	865
Unweighted base	2512	1145	1367	307	563	777	865
Base	2512	1218	1294	339	623	774	776
Around 5 minutes	14%	16%	12%	8%	11%	15%	18%
Around 15 minutes	29%	29%	29%	25%	28%	28%	33%
Around 30 minutes	25%	25%	25%	26%	28%	26%	21%
Around 45 minutes	8%	7%	9%	8%	8%	9%	6%
Around an hour	8%	7%	8%	8%	10%	7%	8%
Longer than an hour	10%	7%	12%	10%	9%	11%	9%
Don't know	7%	8%	6%	14%	7%	5%	6%

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Total	Gender		Agegroup 16			
	Male	Female	16-24	25-39	40-59	60+

How many hours of sleep do you get, on average, a night?

Unweighted base	2512	1145	1367	307	563	777	865
Base	2512	1218	1294	339	623	774	776
Three or fewer	1%	1%	2%	-	1%	2%	1%
4	3%	3%	4%	1%	2%	5%	4%
5	9%	10%	9%	4%	8%	10%	12%
6	22%	21%	22%	15%	22%	23%	23%
7	35%	37%	34%	34%	39%	37%	32%
8	20%	19%	21%	26%	19%	17%	22%
9	4%	4%	5%	6%	4%	3%	5%
10 or more	1%	1%	1%	2%	2%	0%	1%
Don't know	3%	4%	3%	12%	3%	2%	1%

Do you think you generally get enough sleep per night?

Unweighted base	2512	1145	1367	307	563	777	865
Base	2512	1218	1294	339	623	774	776
Yes I do	41%	44%	38%	37%	35%	38%	51%
No I do not	49%	45%	53%	47%	56%	54%	40%
Don't know	10%	11%	9%	17%	8%	9%	9%

How often, if ever, do you nap during the day?

Unweighted base	2512	1145	1367	307	563	777	865
Base	2512	1218	1294	339	623	774	776
Very often	5%	5%	5%	5%	3%	5%	7%
Fairly often	15%	16%	15%	8%	14%	14%	20%
Not very often	43%	44%	43%	39%	39%	45%	47%
Never	35%	32%	37%	40%	41%	35%	26%
Don't know	2%	3%	1%	8%	2%	1%	0%

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Total	Gender		Agegroup 16			
	Male	Female	16-24	25-39	40-59	60+

What do you think is the perfect length for a nap?

Unweighted base	1618	764	854	162	320	496	640
Base	1592	789	804	176	350	494	573
Under 15 minutes	8%	9%	6%	2%	2%	7%	13%
15-20 minutes	19%	19%	19%	11%	13%	16%	28%
21-30 minutes	24%	24%	23%	21%	25%	22%	25%
31 minutes to an hour	24%	23%	24%	30%	27%	26%	17%
Between an hour and an hour and a half	13%	12%	14%	19%	17%	16%	6%
Between an hour and a half and two hours	5%	4%	5%	9%	8%	4%	2%
Two hours or more	1%	1%	1%	1%	2%	1%	1%
Don't know	8%	9%	7%	7%	8%	7%	8%

As far as you know, do you snore?

Unweighted base	2512	1145	1367	307	563	777	865
Base	2512	1218	1294	339	623	774	776
I do, often	19%	23%	15%	9%	14%	25%	20%
I do, sometimes	45%	43%	46%	25%	43%	47%	51%
I do not	24%	20%	28%	43%	33%	19%	13%
Don't know	13%	14%	12%	23%	9%	10%	15%

What do you usually sleep in?

Unweighted base	2512	1145	1367	307	563	777	865
Base	2512	1218	1294	339	623	774	776
Pyjamas and underwear	21%	10%	31%	31%	26%	20%	13%
Pyjamas without underwear	26%	22%	29%	22%	24%	24%	30%
Just underwear	20%	32%	9%	21%	26%	20%	16%
Something else	12%	8%	15%	9%	6%	12%	17%
Nothing – I sleep naked	20%	25%	15%	11%	15%	23%	25%
Don't know	2%	2%	1%	7%	2%	1%	0%

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Total	Gender		Agegroup 16			
	Male	Female	16-24	25-39	40-59	60+

Do you sleep with a pillow(s) or without a pillow?

	2512	1145	1367	307	563	777	865
Unweighted base	2512	1145	1367	307	563	777	865
Base	2512	1218	1294	339	623	774	776
I sleep with three pillows or more	8%	9%	7%	13%	8%	8%	7%
I sleep with two pillows	50%	51%	50%	47%	53%	51%	50%
I sleep with one pillow	39%	36%	41%	31%	36%	40%	43%
I sleep without a pillow	1%	1%	1%	2%	1%	1%	1%
Don't know	2%	3%	1%	8%	2%	1%	0%

How often, if at all, do you sleep with the window open when the weather is warm?

	2512	1145	1367	307	563	777	865
Unweighted base	2512	1145	1367	307	563	777	865
Base	2512	1218	1294	339	623	774	776
Very often	42%	40%	43%	27%	38%	44%	48%
Fairly often	26%	27%	24%	28%	29%	26%	22%
Not very often	19%	19%	18%	21%	18%	19%	18%
Never	12%	11%	13%	15%	12%	10%	11%
Don't know	2%	3%	1%	9%	3%	1%	0%

Do you sleep in the same bed as your partner or in separate beds?

	2512	1145	1367	307	563	777	865
Unweighted base	2512	1145	1367	307	563	777	865
Base	2512	1218	1294	339	623	774	776
We sleep in the same bed	52%	52%	52%	25%	60%	59%	50%
We sleep in separate beds	11%	11%	12%	6%	7%	11%	18%
Not applicable	35%	34%	35%	61%	30%	29%	32%
Don't know	2%	3%	1%	8%	3%	1%	-

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Total	Gender		Agegroup 16			
	Male	Female	16-24	25-39	40-59	60+

Do you sleep in the same bed as your partner or in separate beds?

Unweighted base	1661	778	883	123	402	552	584
Base: Britons in Relationships	1643	800	843	132	435	548	527
We sleep in the same bed	79%	79%	79%	63%	86%	83%	73%
We sleep in separate beds	18%	17%	19%	16%	10%	16%	27%
Don't know	3%	4%	2%	21%	4%	1%	-

Do you let your pets sleep in the same bed as you?

Unweighted base	2512	1145	1367	307	563	777	865
Base	2512	1218	1294	339	623	774	776
I do, often	15%	12%	18%	12%	14%	18%	13%
I do, sometimes	10%	10%	10%	13%	13%	12%	6%
I don't	24%	26%	22%	20%	21%	27%	25%
Not applicable	49%	50%	48%	48%	49%	42%	57%
Don't know	2%	2%	1%	7%	2%	0%	-

Do you let your pets sleep in the same bed as you?

Unweighted base	1265	565	700	157	288	451	369
Base: Britons with Pets	1275	607	668	176	316	448	335
I do, often	29%	23%	35%	24%	28%	32%	29%
I do, sometimes	20%	20%	20%	24%	25%	20%	13%
I don't	47%	52%	43%	38%	42%	48%	58%
Don't know	3%	5%	2%	13%	5%	1%	-

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Total	Gender		Agegroup 16			
	Male	Female	16-24	25-39	40-59	60+

Do you find you sleep better when you sleep alone, or with someone else?

	Unweighted base	2512	1145	1367	307	563	777	865
Base	2512	1218	1294	339	623	774	776	
Better when I sleep alone	37%	33%	41%	30%	36%	42%	37%	
Better when I sleep with someone else	19%	18%	20%	20%	26%	17%	14%	
No difference	33%	37%	29%	18%	26%	34%	43%	
N/A I've never slept in a bed with someone else	6%	6%	5%	22%	5%	3%	2%	
Don't know	6%	6%	5%	10%	7%	4%	5%	

Which position do you sleep usually in...?

	Unweighted base	2512	1145	1367	307	563	777	865
Base	2512	1218	1294	339	623	774	776	
On my back	7%	8%	6%	9%	7%	7%	6%	
On my right-hand side	27%	26%	28%	19%	27%	27%	30%	
On my left-hand side	23%	22%	24%	20%	20%	25%	27%	
On my stomach	8%	7%	9%	11%	12%	8%	5%	
Varies	32%	32%	32%	32%	31%	33%	32%	
Don't know	2%	3%	1%	9%	2%	1%	1%	

How often do you wake up in the night (not including, for example, when a noise wakes you up)?

	Unweighted base	2512	1145	1367	307	563	777	865
Base	2512	1218	1294	339	623	774	776	
Very often	17%	12%	21%	7%	13%	18%	22%	
Fairly often	41%	39%	43%	25%	39%	45%	47%	
Not very often	36%	41%	31%	48%	40%	33%	30%	
Never	3%	4%	2%	10%	4%	2%	1%	
Don't know	3%	3%	2%	9%	3%	2%	0%	

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Total	Gender		Agegroup 16			
	Male	Female	16-24	25-39	40-59	60+

Have you ever had the sensation, as you are going to sleep, that you are falling before waking with a start?

Unweighted base	2512	1145	1367	307	563	777	865
Base	2512	1218	1294	339	623	774	776
I have, many times	40%	32%	48%	48%	54%	41%	25%
I have, once or twice	34%	34%	35%	27%	30%	36%	39%
I have not	19%	26%	13%	11%	9%	19%	31%
Don't know	6%	8%	4%	13%	8%	4%	4%

Do you find it difficult to fall asleep in a bed which isn't your own (for example, when you're in a hotel or visiting family)?

Unweighted base	2512	1145	1367	307	563	777	865
Base	2512	1218	1294	339	623	774	776
I do	44%	34%	54%	37%	46%	48%	42%
I do not	47%	56%	39%	46%	44%	47%	52%
Not applicable – I've only slept in my bed	3%	4%	2%	5%	2%	2%	3%
Don't know	6%	6%	5%	12%	8%	3%	3%

Do you rock yourself to sleep?

Unweighted base	2512	1145	1367	307	563	777	865
Base	2512	1218	1294	339	623	774	776
I do	3%	2%	3%	4%	3%	3%	1%
I don't	93%	93%	93%	83%	92%	95%	97%
Don't know	4%	5%	4%	13%	5%	2%	2%

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Total	Gender		Agegroup 16			
	Male	Female	16-24	25-39	40-59	60+

What is the longest you have ever gone without sleep?

	2512	1145	1367	307	563	777	865
Unweighted base	2512	1145	1367	307	563	777	865
Base	2512	1218	1294	339	623	774	776
24 hours or fewer	33%	25%	40%	30%	24%	31%	42%
Over 24 hours	25%	26%	25%	22%	27%	28%	23%
Over 30 hours	9%	10%	8%	11%	12%	9%	6%
Over 36 hours	12%	15%	10%	12%	14%	15%	9%
Over 48 hours	8%	10%	5%	8%	10%	6%	7%
Over 54 hours	3%	4%	2%	3%	5%	3%	2%
Don't know	10%	10%	9%	14%	9%	8%	10%

How often, if at all, do you have a problem falling asleep?

	2512	1145	1367	307	563	777	865
Unweighted base	2512	1145	1367	307	563	777	865
Base	2512	1218	1294	339	623	774	776
Every night	12%	10%	14%	12%	11%	14%	11%
A few nights a week	21%	17%	24%	22%	22%	21%	19%
Once or twice a week	15%	13%	16%	16%	16%	12%	15%
A few times a month	16%	14%	17%	14%	18%	14%	15%
Once or twice a month	10%	12%	9%	12%	10%	10%	11%
Less than once a month	16%	19%	13%	9%	14%	18%	18%
Never	8%	10%	5%	4%	5%	8%	11%
Don't know	3%	4%	2%	11%	4%	2%	1%

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Total	Gender		Agegroup 16			
	Male	Female	16-24	25-39	40-59	60+

Have you ever been diagnosed with any of the following?

	Unweighted base	2512	1145	1367	307	563	777	865
	Base	2512	1218	1294	339	623	774	776
Insomnia (difficulty sleeping or with staying asleep)	5%	5%	4%	6%	6%	8%	6%	2%
Narcolepsy (suddenly falling asleep at random times)	1%	1%	1%	1%	4%	2%	0%	0%
Sleep deprivation	2%	2%	2%	3%	6%	3%	2%	1%
None of these	88%	88%	88%	88%	78%	84%	90%	94%
Don't know	4%	4%	5%	3%	8%	5%	3%	2%

Have you ever experienced sleep paralysis (a feeling of being conscious but unable to move)?

	Unweighted base	2512	1145	1367	307	563	777	865
	Base	2512	1218	1294	339	623	774	776
I have	22%	22%	21%	23%	20%	28%	23%	17%
I have not	70%	70%	70%	70%	63%	65%	70%	76%
Don't know	8%	8%	9%	7%	17%	7%	7%	7%

Do you ever take any sleeping tablets or any other substances that help you go to sleep?

	Unweighted base	2512	1145	1367	307	563	777	865
	Base	2512	1218	1294	339	623	774	776
I do, often	4%	4%	3%	5%	3%	4%	6%	4%
I do, sometimes	9%	9%	7%	10%	12%	9%	8%	8%
I do, rarely	11%	11%	10%	12%	9%	12%	12%	10%
I do not	74%	74%	77%	71%	68%	73%	73%	78%
Don't know	2%	2%	3%	2%	8%	3%	1%	0%

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Total	Gender		Agegroup 16			
	Male	Female	16-24	25-39	40-59	60+

How often do you have an alcoholic drink (a nightcap) in order to help you sleep?

Unweighted base	2512	1145	1367	307	563	777	865
Base	2512	1218	1294	339	623	774	776
Always	2%	3%	1%	1%	2%	2%	2%
Often	4%	5%	4%	2%	4%	4%	6%
Sometimes	11%	13%	9%	10%	11%	12%	10%
Rarely	19%	18%	20%	14%	16%	18%	24%
Never	62%	59%	65%	64%	64%	62%	58%
Don't know	2%	3%	1%	8%	2%	1%	-

How often do look at each of the following within an hour of going to bed?

Phone/tablet

Unweighted base	2512	1145	1367	307	563	777	865
Base	2512	1218	1294	339	623	774	776
I usually do	61%	56%	65%	71%	78%	61%	42%
I occasionally do	16%	16%	16%	15%	12%	17%	19%
I rarely do	10%	12%	8%	5%	7%	11%	13%
I never do	12%	14%	10%	3%	2%	9%	26%
Don't know	2%	2%	1%	6%	1%	1%	0%

Computer screen

Unweighted base	2512	1145	1367	307	563	777	865
Base	2512	1218	1294	339	623	774	776
I usually do	15%	19%	12%	25%	18%	12%	13%
I occasionally do	17%	18%	15%	24%	18%	13%	15%
I rarely do	23%	24%	22%	21%	26%	22%	22%
I never do	43%	38%	49%	25%	37%	51%	50%
Don't know	2%	2%	1%	6%	2%	2%	1%

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Total	Gender		Agegroup 16			
	Male	Female	16-24	25-39	40-59	60+

Television

	2512	1145	1367	307	563	777	865
Unweighted base	2512	1145	1367	307	563	777	865
Base	2512	1218	1294	339	623	774	776
I usually do	50%	47%	52%	24%	45%	56%	59%
I occasionally do	20%	19%	21%	20%	24%	23%	14%
I rarely do	12%	13%	10%	30%	13%	8%	7%
I never do	17%	19%	15%	20%	16%	12%	20%
Don't know	2%	2%	1%	6%	2%	1%	0%

How big is the gap, on average, between looking at your mobile phone, and going to sleep?

	2512	1145	1367	307	563	777	865
Unweighted base	2512	1145	1367	307	563	777	865
Base	2512	1218	1294	339	623	774	776
No gap – looking at a device is the last thing I do before going to sleep	25%	23%	27%	36%	35%	24%	14%
Up to 10 minutes	19%	19%	19%	19%	28%	18%	13%
Up to 30 minutes	23%	25%	22%	19%	22%	27%	23%
Up to an hour	13%	12%	15%	9%	8%	15%	17%
Longer than an hour	12%	11%	12%	4%	3%	11%	23%
N/A I don't have a mobile phone	2%	3%	2%	1%	0%	1%	5%
Don't know	5%	7%	4%	12%	4%	4%	4%

Do you usually take your phone to your bedroom when you go to sleep?

	2512	1145	1367	307	563	777	865
Unweighted base	2512	1145	1367	307	563	777	865
Base	2512	1218	1294	339	623	774	776
I do	74%	72%	77%	78%	92%	77%	55%
I do not	21%	22%	21%	9%	4%	20%	40%
N/A I don't have a mobile phone	2%	3%	2%	3%	1%	1%	5%
Don't know	2%	3%	1%	9%	2%	1%	0%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Total	Gender		Agegroup 16			
	Male	Female	16-24	25-39	40-59	60+

Do you check your phone when you wake up at night (assuming it wasn't the phone or an emergency that woke you up)?

Unweighted base	2512	1145	1367	307	563	777	865
Base	2512	1218	1294	339	623	774	776
I usually do	26%	23%	28%	38%	41%	24%	10%
I usually don't	70%	72%	69%	50%	55%	74%	88%
Don't know	4%	5%	3%	13%	4%	3%	1%

When going to sleep, do you turn all the lights in your room off or do you keep any on?

Unweighted base	2512	1145	1367	307	563	777	865
Base	2512	1218	1294	339	623	774	776
I sleep with all the lights in my room off	89%	89%	89%	75%	87%	92%	95%
I sleep with a (small) light on	6%	6%	7%	10%	8%	6%	4%
I sleep with all the lights in my room on	2%	2%	2%	6%	3%	1%	1%
Don't know	2%	3%	2%	9%	3%	1%	0%

Do you have difficulty falling asleep if there is a light on (say, coming from the outside or a screen)?

Unweighted base	2512	1145	1367	307	563	777	865
Base	2512	1218	1294	339	623	774	776
I do	48%	44%	52%	51%	54%	49%	40%
I do not	45%	48%	42%	33%	38%	47%	52%
Don't know	7%	8%	7%	16%	7%	4%	7%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Total	Gender		Agegroup 16			
	Male	Female	16-24	25-39	40-59	60+

How often do you listen to music/a podcast/radio when going to sleep?

Unweighted base	2512	1145	1367	307	563	777	865
Base	2512	1218	1294	339	623	774	776
Often	14%	14%	14%	13%	15%	14%	13%
Sometimes	14%	13%	15%	19%	17%	15%	9%
Rarely	18%	21%	16%	21%	21%	19%	13%
Never	52%	49%	54%	36%	44%	51%	65%
Don't know	2%	3%	1%	11%	3%	1%	-

Can you sleep when there is noise in the background, or do you need it to be quiet?

Unweighted base	2512	1145	1367	307	563	777	865
Base	2512	1218	1294	339	623	774	776
I can sleep with almost any noise	11%	13%	9%	13%	11%	10%	11%
I can sleep with some noise	57%	60%	55%	50%	58%	59%	58%
I can't sleep with any noise	28%	23%	33%	27%	27%	29%	29%
Don't know	4%	4%	3%	10%	4%	2%	2%

How often do you dream when sleeping?

Unweighted base	2512	1145	1367	307	563	777	865
Base	2512	1218	1294	339	623	774	776
Always	16%	16%	16%	14%	17%	16%	15%
Often	50%	46%	53%	45%	49%	51%	51%
Rarely	24%	27%	21%	26%	23%	23%	24%
Never	2%	3%	2%	3%	2%	2%	2%
Don't know	9%	9%	8%	11%	9%	8%	8%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Total	Gender		Agegroup 16			
	Male	Female	16-24	25-39	40-59	60+

How often do you remember your dreams?

Unweighted base	2512	1145	1367	307	563	777	865
Base	2512	1218	1294	339	623	774	776
Always	3%	3%	3%	4%	5%	3%	2%
Often	42%	36%	47%	43%	42%	43%	40%
Rarely	47%	51%	43%	41%	44%	48%	51%
Never	5%	6%	4%	4%	5%	4%	5%
Don't know	3%	3%	3%	8%	4%	2%	2%

Do you dream in colour or black and white?

Unweighted base	2512	1145	1367	307	563	777	865
Base	2512	1218	1294	339	623	774	776
In colour	60%	58%	61%	70%	72%	58%	46%
Black and white	4%	4%	4%	3%	3%	3%	6%
I never dream/don't remember my dreams	6%	7%	5%	7%	5%	6%	6%
Don't know	31%	31%	30%	20%	19%	33%	42%

Do you think dreams have a meaning?

Unweighted base	2512	1145	1367	307	563	777	865
Base	2512	1218	1294	339	623	774	776
I think they do	44%	36%	51%	45%	50%	47%	35%
I think they do not	28%	33%	22%	29%	27%	27%	28%
Don't know	29%	30%	27%	26%	23%	25%	37%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Total	Gender		Agegroup 16			
	Male	Female	16-24	25-39	40-59	60+

Have you ever had a dream about someone or something that changed the way you felt about them or it?

	2512	1145	1367	307	563	777	865
Unweighted base	2512	1145	1367	307	563	777	865
Base	2512	1218	1294	339	623	774	776
I have, it permanently changed how I felt about them or it	5%	5%	6%	11%	6%	5%	2%
I have, it temporarily changed how I felt about them or it	29%	24%	35%	40%	44%	30%	13%
I have not	55%	60%	49%	33%	40%	55%	75%
Don't know	11%	11%	10%	16%	9%	10%	10%

How often do you wake up in the morning feeling tired?

	2512	1145	1367	307	563	777	865
Unweighted base	2512	1145	1367	307	563	777	865
Base	2512	1218	1294	339	623	774	776
Very often	31%	22%	39%	38%	41%	32%	18%
Fairly often	37%	37%	37%	32%	36%	42%	35%
Not very often	28%	34%	22%	18%	19%	25%	43%
Never	2%	2%	1%	1%	1%	1%	3%
Don't know	3%	4%	2%	11%	3%	1%	1%

How easy or difficult do you generally find it to get out of bed in the morning, or whenever you need to get up?

	2512	1145	1367	307	563	777	865
Unweighted base	2512	1145	1367	307	563	777	865
Base	2512	1218	1294	339	623	774	776
Very easy	12%	15%	9%	5%	7%	11%	19%
Fairly easy	43%	46%	41%	27%	34%	46%	55%
Fairly difficult	28%	25%	32%	34%	35%	29%	20%
Very difficult	14%	10%	17%	24%	20%	12%	6%
Don't know	3%	4%	2%	10%	4%	2%	1%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Total	Gender		Agegroup 16			
	Male	Female	16-24	25-39	40-59	60+

Typically, how many times, if at all, do you tend to hit the snooze button before you get up/wake up?

	Unweighted base	2512	1145	1367	307	563	777	865
Base	2512	1218	1294	339	623	774	776	
I do not hit the snooze button	36%	39%	33%	28%	32%	41%	38%	
Once	15%	14%	15%	18%	19%	17%	8%	
Two times	13%	13%	12%	20%	19%	13%	4%	
Three times	7%	4%	9%	11%	10%	7%	2%	
Four times or more	5%	4%	6%	5%	10%	4%	1%	
N/A I don't set an alarm	22%	21%	22%	7%	7%	16%	47%	
Don't know	3%	4%	2%	11%	3%	1%	1%	

When you wake up in the morning, do you get up straight away or spend some time in bed?

	Unweighted base	2512	1145	1367	307	563	777	865
Base	2512	1218	1294	339	623	774	776	
I get up straight away	28%	32%	24%	11%	22%	37%	31%	
I spend up to ten minutes in bed before getting up	37%	35%	38%	31%	39%	37%	36%	
I spend up to 20 minutes in bed before getting up	14%	14%	15%	20%	16%	12%	13%	
I spend up to half an hour in bed before getting up	9%	9%	10%	12%	11%	7%	9%	
I spend more than half an hour in bed before getting up	8%	6%	10%	15%	6%	6%	10%	
Don't know	4%	4%	3%	10%	5%	2%	1%	

Cell Contents (Column Percentages)

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Age Group 16+ by Gender								
16-24/Male	16-24/Female	25-39/Male	25-39/Female	40-59/Male	40-59/Female	60+/Male	60+/Female	England

How important is it to you to get a good night's sleep?

Unweighted base	126	181	236	327	377	400	406	459	2100
Base	171	168	306	317	372	402	369	407	2113
Very important	55%	62%	67%	72%	64%	74%	67%	68%	67%
Somewhat important	25%	33%	27%	21%	32%	22%	30%	29%	27%
Not really important	10%	2%	4%	3%	3%	2%	3%	3%	4%
Not important at all	2%	1%	-	2%	1%	0%	-	-	1%
Don't know	8%	3%	2%	2%	1%	1%	0%	0%	2%

When it comes to your sleep, which applies to you more...?

Unweighted base	126	181	236	327	377	400	406	459	2100
Base	171	168	306	317	372	402	369	407	2113
I always find it easy to sleep	9%	6%	9%	6%	11%	5%	11%	3%	7%
I usually find it easy to sleep	29%	27%	33%	26%	34%	26%	40%	29%	31%
I sometimes find it easy to sleep, sometimes find it difficult	30%	34%	34%	40%	31%	36%	33%	41%	35%
I usually find it difficult to sleep	10%	26%	17%	18%	18%	20%	12%	17%	17%
I always find it difficult to sleep	13%	6%	6%	9%	5%	13%	4%	11%	8%
Don't know	9%	2%	2%	1%	1%	0%	-	-	1%

Do you think your life at the moment would be improved by having more sleep?

Unweighted base	30	58	52	89	88	134	64	125	532
Base	40	54	70	87	85	135	59	112	536
It would, very much	60%	51%	53%	58%	54%	59%	34%	50%	52%
It would, somewhat	24%	35%	34%	31%	40%	29%	50%	43%	37%
It would not	7%	7%	2%	6%	3%	4%	5%	2%	4%
Don't know	9%	7%	11%	5%	3%	7%	11%	5%	7%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Age Group 16+ by Gender								
16-24/Male	16-24/Female	25-39/Male	25-39/Female	40-59/Male	40-59/Female	60+/Male	60+/Female	England

Are you more of an early riser or a night owl?

Unweighted base	126	181	236	327	377	400	406	459	2100
Base	171	168	306	317	372	402	369	407	2113
More of an early riser	17%	20%	32%	31%	38%	33%	41%	37%	33%
More of a night owl	60%	59%	55%	47%	41%	40%	36%	37%	44%
Neither	10%	18%	10%	19%	19%	26%	22%	25%	20%
Don't know	13%	4%	3%	3%	2%	2%	1%	1%	3%

If you could eliminate the need for sleep, would you do it?

Unweighted base	126	181	236	327	377	400	406	459	2100
Base	171	168	306	317	372	402	369	407	2113
I would	44%	26%	43%	25%	29%	16%	18%	11%	25%
I would not	38%	59%	44%	61%	57%	70%	65%	75%	61%
Don't know	18%	15%	13%	14%	14%	14%	16%	14%	15%

In terms of when you go to bed at night, which applies to you more...?

Unweighted base	126	181	236	327	377	400	406	459	2100
Base	171	168	306	317	372	402	369	407	2113
I always go to bed at the same time	6%	7%	6%	8%	9%	6%	9%	11%	8%
I usually go to bed at the same time	37%	56%	62%	64%	62%	65%	70%	71%	64%
I usually go to bed at different times	36%	27%	20%	22%	20%	24%	19%	15%	21%
I always go to bed at different times	10%	6%	9%	5%	9%	4%	2%	3%	6%
Don't know	11%	4%	3%	1%	1%	1%	0%	-	2%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Age Group 16+ by Gender								
16-24/Male	16-24/Female	25-39/Male	25-39/Female	40-59/Male	40-59/Female	60+/Male	60+/Female	England

What time, on average, do you go to bed at night?

	16-24/Male	16-24/Female	25-39/Male	25-39/Female	40-59/Male	40-59/Female	60+/Male	60+/Female	England
Unweighted base	126	181	236	327	377	400	406	459	2100
Base	171	168	306	317	372	402	369	407	2113
8 PM or earlier	-	1%	0%	1%	1%	1%	2%	1%	1%
8.30 PM	2%	2%	1%	2%	1%	2%	1%	1%	1%
9 PM	4%	2%	3%	7%	3%	5%	4%	3%	4%
9.30 PM	2%	3%	5%	7%	9%	8%	2%	5%	6%
10 PM	6%	9%	9%	17%	13%	19%	14%	14%	13%
10.30 PM	7%	12%	17%	19%	16%	17%	18%	23%	17%
11 PM	9%	19%	17%	16%	19%	19%	20%	18%	17%
11.30 PM	12%	10%	11%	7%	7%	7%	13%	12%	10%
Around midnight	21%	16%	14%	12%	12%	11%	11%	12%	13%
00.30	5%	8%	4%	3%	5%	2%	5%	3%	4%
1 AM or later	20%	14%	17%	7%	11%	8%	10%	7%	10%
Don't know	11%	4%	3%	3%	3%	2%	0%	1%	3%

How long, on average, does it take you to get to sleep?

	16-24/Male	16-24/Female	25-39/Male	25-39/Female	40-59/Male	40-59/Female	60+/Male	60+/Female	England
Unweighted base	126	181	236	327	377	400	406	459	2100
Base	171	168	306	317	372	402	369	407	2113
Around 5 minutes	7%	9%	11%	10%	18%	12%	23%	14%	14%
Around 15 minutes	28%	22%	27%	28%	27%	30%	34%	31%	29%
Around 30 minutes	22%	31%	31%	25%	28%	23%	18%	24%	25%
Around 45 minutes	9%	8%	6%	9%	7%	10%	6%	7%	8%
Around an hour	5%	10%	8%	11%	8%	6%	7%	8%	8%
Longer than an hour	10%	10%	8%	11%	7%	14%	5%	12%	9%
Don't know	19%	10%	8%	7%	5%	5%	7%	5%	7%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Age Group 16+ by Gender								
16-24/Male	16-24/Female	25-39/Male	25-39/Female	40-59/Male	40-59/Female	60+/Male	60+/Female	England

How many hours of sleep do you get, on average, a night?

Unweighted base	126	181	236	327	377	400	406	459	2100
Base	171	168	306	317	372	402	369	407	2113
Three or fewer	-	-	0%	1%	1%	3%	1%	2%	1%
4	1%	2%	3%	2%	4%	5%	3%	5%	3%
5	3%	5%	8%	8%	11%	9%	14%	10%	9%
6	15%	15%	23%	22%	24%	23%	20%	25%	22%
7	36%	32%	38%	39%	39%	34%	34%	29%	36%
8	22%	30%	19%	18%	16%	19%	21%	22%	20%
9	4%	8%	2%	5%	2%	4%	6%	4%	4%
10 or more	2%	3%	3%	2%	0%	0%	1%	2%	1%
Don't know	18%	6%	3%	4%	2%	3%	0%	1%	3%

Do you think you generally get enough sleep per night?

Unweighted base	126	181	236	327	377	400	406	459	2100
Base	171	168	306	317	372	402	369	407	2113
Yes I do	33%	41%	38%	33%	43%	33%	56%	47%	41%
No I do not	47%	46%	53%	60%	48%	58%	35%	45%	48%
Don't know	20%	13%	9%	7%	9%	9%	9%	9%	10%

How often, if ever, do you nap during the day?

Unweighted base	126	181	236	327	377	400	406	459	2100
Base	171	168	306	317	372	402	369	407	2113
Very often	3%	7%	3%	3%	4%	5%	9%	5%	5%
Fairly often	9%	8%	11%	18%	15%	14%	23%	17%	15%
Not very often	37%	42%	38%	40%	49%	41%	47%	47%	42%
Never	39%	40%	46%	37%	31%	39%	19%	32%	36%
Don't know	13%	4%	3%	2%	1%	1%	0%	-	2%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Age Group 16+ by Gender								
16-24/Male	16-24/Female	25-39/Male	25-39/Female	40-59/Male	40-59/Female	60+/Male	60+/Female	England

What do you think is the perfect length for a nap?

Unweighted base	61	101	122	198	255	241	326	314	1324
Base	82	94	158	192	253	241	296	277	1310
Under 15 minutes	2%	3%	4%	1%	9%	4%	13%	14%	7%
15-20 minutes	10%	12%	13%	13%	17%	15%	28%	28%	19%
21-30 minutes	15%	26%	27%	23%	21%	23%	27%	23%	24%
31 minutes to an hour	36%	26%	28%	26%	25%	28%	15%	19%	23%
Between an hour and an hour and a half	19%	18%	12%	20%	14%	17%	7%	4%	13%
Between an hour and a half and two hours	7%	10%	7%	8%	4%	5%	2%	2%	5%
Two hours or more	2%	-	-	4%	2%	0%	1%	1%	1%
Don't know	10%	6%	10%	6%	8%	6%	8%	8%	8%

As far as you know, do you snore?

Unweighted base	126	181	236	327	377	400	406	459	2100
Base	171	168	306	317	372	402	369	407	2113
I do, often	10%	8%	16%	13%	31%	19%	25%	15%	18%
I do, sometimes	26%	25%	44%	42%	44%	50%	50%	52%	44%
I do not	36%	50%	27%	39%	15%	22%	11%	15%	25%
Don't know	28%	17%	12%	6%	10%	9%	13%	18%	13%

What do you usually sleep in?

Unweighted base	126	181	236	327	377	400	406	459	2100
Base	171	168	306	317	372	402	369	407	2113
Pyjamas and underwear	19%	43%	13%	39%	9%	31%	5%	19%	21%
Pyjamas without underwear	21%	22%	18%	30%	18%	30%	30%	29%	25%
Just underwear	27%	14%	42%	10%	31%	9%	27%	5%	20%
Something else	11%	8%	5%	7%	10%	14%	8%	26%	12%
Nothing – I sleep naked	12%	10%	18%	12%	32%	15%	30%	20%	20%
Don't know	10%	4%	3%	2%	1%	1%	0%	1%	2%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Age Group 16+ by Gender								
16-24/Male	16-24/Female	25-39/Male	25-39/Female	40-59/Male	40-59/Female	60+/Male	60+/Female	England

Do you sleep with a pillow(s) or without a pillow?

Unweighted base	126	181	236	327	377	400	406	459	2100
Base	171	168	306	317	372	402	369	407	2113
I sleep with three pillows or more	16%	11%	8%	8%	9%	7%	8%	6%	8%
I sleep with two pillows	44%	49%	50%	55%	54%	48%	52%	48%	50%
I sleep with one pillow	25%	36%	39%	33%	35%	44%	40%	45%	39%
I sleep without a pillow	3%	1%	0%	2%	1%	1%	1%	1%	1%
Don't know	12%	3%	3%	2%	1%	1%	0%	-	2%

How often, if at all, do you sleep with the window open when the weather is warm?

Unweighted base	126	181	236	327	377	400	406	459	2100
Base	171	168	306	317	372	402	369	407	2113
Very often	30%	23%	41%	36%	38%	50%	45%	51%	43%
Fairly often	26%	29%	29%	29%	29%	23%	24%	20%	26%
Not very often	19%	24%	14%	21%	22%	17%	20%	16%	18%
Never	11%	19%	11%	13%	10%	10%	11%	12%	11%
Don't know	14%	5%	4%	1%	1%	1%	0%	-	2%

Do you sleep in the same bed as your partner or in separate beds?

Unweighted base	126	181	236	327	377	400	406	459	2100
Base	171	168	306	317	372	402	369	407	2113
We sleep in the same bed	18%	31%	59%	62%	61%	57%	53%	47%	52%
We sleep in separate beds	5%	7%	5%	9%	11%	11%	19%	17%	11%
Not applicable	63%	59%	34%	26%	27%	31%	28%	35%	35%
Don't know	13%	3%	3%	3%	1%	1%	-	-	2%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Age Group 16+ by Gender								
16-24/Male	16-24/Female	25-39/Male	25-39/Female	40-59/Male	40-59/Female	60+/Male	60+/Female	England

Do you sleep in the same bed as your partner or in separate beds?

Unweighted base	48	75	161	241	277	275	292	292	1381
Base: Britons in Relationships	63	69	202	234	271	277	265	263	1375
We sleep in the same bed	50%	75%	89%	84%	84%	82%	74%	73%	80%
We sleep in separate beds	15%	17%	7%	12%	15%	16%	26%	27%	17%
Don't know	36%	8%	4%	4%	1%	1%	-	-	3%

Do you let your pets sleep in the same bed as you?

Unweighted base	126	181	236	327	377	400	406	459	2100
Base	171	168	306	317	372	402	369	407	2113
I do, often	11%	14%	12%	17%	15%	21%	8%	17%	15%
I do, sometimes	10%	15%	14%	12%	11%	12%	6%	5%	10%
I don't	22%	18%	20%	22%	29%	26%	29%	21%	24%
Not applicable	47%	50%	52%	47%	44%	40%	57%	57%	49%
Don't know	11%	3%	3%	2%	1%	0%	-	-	2%

Do you let your pets sleep in the same bed as you?

Unweighted base	66	91	115	173	210	241	174	195	1063
Base: Britons with Pets	91	85	149	168	207	240	160	175	1079
I do, often	20%	29%	24%	32%	27%	36%	19%	39%	30%
I do, sometimes	19%	30%	29%	22%	19%	20%	13%	12%	20%
I don't	41%	35%	41%	42%	52%	43%	67%	49%	47%
Don't know	20%	6%	6%	4%	1%	0%	-	-	4%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Age Group 16+ by Gender								
16-24/Male	16-24/Female	25-39/Male	25-39/Female	40-59/Male	40-59/Female	60+/Male	60+/Female	England

Do you find you sleep better when you sleep alone, or with someone else?

Unweighted base	126	181	236	327	377	400	406	459	2100
Base	171	168	306	317	372	402	369	407	2113
Better when I sleep alone	28%	32%	38%	34%	35%	48%	30%	43%	37%
Better when I sleep with someone else	18%	23%	18%	34%	20%	15%	15%	12%	18%
No difference	14%	22%	32%	20%	39%	30%	49%	37%	33%
N/A I've never slept in a bed with someone else	27%	17%	5%	6%	3%	3%	2%	3%	6%
Don't know	13%	7%	8%	6%	4%	4%	4%	5%	6%

Which position do you sleep usually in...?

Unweighted base	126	181	236	327	377	400	406	459	2100
Base	171	168	306	317	372	402	369	407	2113
On my back	11%	7%	9%	6%	8%	6%	7%	5%	8%
On my right-hand side	21%	18%	24%	30%	29%	26%	28%	32%	27%
On my left-hand side	14%	26%	21%	19%	24%	25%	26%	27%	23%
On my stomach	8%	14%	8%	15%	8%	7%	5%	5%	8%
Varies	32%	32%	35%	28%	30%	35%	33%	31%	32%
Don't know	14%	3%	3%	2%	1%	0%	1%	0%	2%

How often do you wake up in the night (not including, for example, when a noise wakes you up)?

Unweighted base	126	181	236	327	377	400	406	459	2100
Base	171	168	306	317	372	402	369	407	2113
Very often	6%	9%	10%	17%	15%	22%	15%	28%	17%
Fairly often	18%	33%	38%	40%	43%	47%	47%	47%	41%
Not very often	54%	43%	43%	37%	38%	29%	37%	25%	36%
Never	11%	9%	7%	2%	3%	1%	2%	0%	4%
Don't know	12%	6%	3%	4%	1%	2%	0%	0%	3%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Age Group 16+ by Gender								
16-24/Male	16-24/Female	25-39/Male	25-39/Female	40-59/Male	40-59/Female	60+/Male	60+/Female	England

Have you ever had the sensation, as you are going to sleep, that you are falling before waking with a start?

Unweighted base	126	181	236	327	377	400	406	459	2100
Base	171	168	306	317	372	402	369	407	2113
I have, many times	41%	55%	45%	62%	33%	49%	16%	34%	40%
I have, once or twice	27%	28%	34%	26%	35%	37%	35%	42%	34%
I have not	13%	10%	12%	7%	28%	10%	42%	21%	19%
Don't know	19%	7%	10%	6%	4%	4%	6%	3%	7%

Do you find it difficult to fall asleep in a bed which isn't your own (for example, when you're in a hotel or visiting family)?

Unweighted base	126	181	236	327	377	400	406	459	2100
Base	171	168	306	317	372	402	369	407	2113
I do	29%	46%	36%	56%	38%	57%	29%	54%	44%
I do not	48%	43%	52%	37%	57%	37%	63%	42%	48%
Not applicable – I've only slept in my bed	7%	3%	3%	1%	3%	2%	3%	2%	3%
Don't know	16%	8%	9%	7%	2%	5%	5%	2%	6%

Do you rock yourself to sleep?

Unweighted base	126	181	236	327	377	400	406	459	2100
Base	171	168	306	317	372	402	369	407	2113
I do	3%	5%	3%	3%	3%	4%	1%	2%	3%
I don't	80%	86%	92%	92%	95%	95%	97%	96%	93%
Don't know	17%	8%	5%	5%	3%	2%	2%	2%	5%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Age Group 16+ by Gender								
16-24/Male	16-24/Female	25-39/Male	25-39/Female	40-59/Male	40-59/Female	60+/Male	60+/Female	England

What is the longest you have ever gone without sleep?

Unweighted base	126	181	236	327	377	400	406	459	2100
Base	171	168	306	317	372	402	369	407	2113
24 hours or fewer	25%	35%	17%	30%	21%	40%	34%	50%	33%
Over 24 hours	17%	27%	27%	27%	28%	28%	26%	21%	25%
Over 30 hours	10%	12%	13%	11%	12%	7%	7%	5%	9%
Over 36 hours	14%	10%	15%	12%	18%	12%	11%	7%	12%
Over 48 hours	11%	5%	13%	7%	9%	4%	10%	5%	8%
Over 54 hours	5%	1%	6%	3%	4%	1%	3%	1%	3%
Don't know	18%	10%	9%	9%	9%	8%	9%	11%	10%

How often, if at all, do you have a problem falling asleep?

Unweighted base	126	181	236	327	377	400	406	459	2100
Base	171	168	306	317	372	402	369	407	2113
Every night	14%	10%	9%	12%	10%	18%	9%	14%	12%
A few nights a week	14%	31%	17%	27%	19%	22%	17%	20%	21%
Once or twice a week	18%	14%	15%	18%	13%	12%	10%	19%	15%
A few times a month	10%	18%	20%	17%	14%	14%	12%	18%	15%
Once or twice a month	15%	9%	11%	9%	12%	9%	13%	9%	11%
Less than once a month	10%	7%	18%	11%	20%	17%	21%	14%	15%
Never	3%	5%	6%	4%	10%	6%	17%	5%	8%
Don't know	16%	6%	4%	3%	1%	2%	1%	1%	3%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Age Group 16+ by Gender								
16-24/Male	16-24/Female	25-39/Male	25-39/Female	40-59/Male	40-59/Female	60+/Male	60+/Female	England

Have you ever been diagnosed with any of the following?

Unweighted base	126	181	236	327	377	400	406	459	2100
Base	171	168	306	317	372	402	369	407	2113
Insomnia (difficulty sleeping or with staying asleep)	5%	8%	6%	9%	4%	7%	2%	2%	5%
Narcolepsy (suddenly falling asleep at random times)	5%	3%	1%	2%	1%	-	0%	-	1%
Sleep deprivation	6%	6%	2%	3%	1%	2%	2%	1%	2%
None of these	73%	82%	86%	83%	92%	89%	93%	95%	88%
Don't know	12%	4%	6%	4%	3%	2%	2%	2%	4%

Have you ever experienced sleep paralysis (a feeling of being conscious but unable to move)?

Unweighted base	126	181	236	327	377	400	406	459	2100
Base	171	168	306	317	372	402	369	407	2113
I have	17%	23%	26%	30%	22%	24%	16%	18%	22%
I have not	60%	67%	67%	64%	71%	69%	77%	76%	70%
Don't know	23%	10%	7%	6%	7%	7%	7%	6%	8%

Do you ever take any sleeping tablets or any other substances that help you go to sleep?

Unweighted base	126	181	236	327	377	400	406	459	2100
Base	171	168	306	317	372	402	369	407	2113
I do, often	2%	4%	3%	5%	4%	7%	3%	5%	4%
I do, sometimes	11%	13%	7%	10%	5%	10%	6%	9%	9%
I do, rarely	10%	8%	11%	13%	12%	13%	9%	11%	10%
I do not	65%	71%	76%	69%	78%	70%	82%	75%	74%
Don't know	12%	4%	3%	3%	1%	1%	0%	0%	2%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Age Group 16+ by Gender								
16-24/Male	16-24/Female	25-39/Male	25-39/Female	40-59/Male	40-59/Female	60+/Male	60+/Female	England

How often do you have an alcoholic drink (a nightcap) in order to help you sleep?

Unweighted base	126	181	236	327	377	400	406	459	2100
Base	171	168	306	317	372	402	369	407	2113
Always	1%	2%	3%	2%	3%	1%	4%	1%	2%
Often	2%	2%	5%	3%	6%	3%	6%	5%	4%
Sometimes	13%	7%	15%	7%	13%	11%	11%	10%	11%
Rarely	13%	16%	14%	18%	19%	18%	23%	25%	19%
Never	60%	69%	61%	67%	58%	66%	56%	59%	61%
Don't know	12%	3%	2%	2%	1%	1%	-	-	2%

How often do look at each of the following within an hour of going to bed?

Phone/tablet

Unweighted base	126	181	236	327	377	400	406	459	2100
Base	171	168	306	317	372	402	369	407	2113
I usually do	65%	77%	74%	81%	55%	67%	37%	46%	61%
I occasionally do	16%	14%	14%	10%	17%	17%	18%	19%	16%
I rarely do	7%	2%	8%	6%	13%	10%	16%	11%	10%
I never do	4%	3%	3%	2%	13%	6%	29%	23%	12%
Don't know	8%	4%	2%	1%	2%	0%	0%	1%	2%

Computer screen

Unweighted base	126	181	236	327	377	400	406	459	2100
Base	171	168	306	317	372	402	369	407	2113
I usually do	23%	28%	26%	10%	16%	8%	14%	12%	16%
I occasionally do	22%	25%	17%	19%	18%	9%	15%	15%	17%
I rarely do	20%	22%	25%	27%	22%	22%	25%	18%	22%
I never do	28%	21%	30%	43%	42%	59%	45%	54%	43%
Don't know	7%	4%	2%	1%	2%	1%	1%	0%	2%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Age Group 16+ by Gender								
16-24/Male	16-24/Female	25-39/Male	25-39/Female	40-59/Male	40-59/Female	60+/Male	60+/Female	England

Television

Unweighted base	126	181	236	327	377	400	406	459	2100
Base	171	168	306	317	372	402	369	407	2113
I usually do	23%	25%	42%	48%	54%	58%	56%	61%	50%
I occasionally do	14%	26%	23%	25%	21%	24%	15%	14%	19%
I rarely do	33%	27%	16%	10%	9%	7%	7%	7%	12%
I never do	21%	18%	17%	15%	15%	10%	22%	18%	17%
Don't know	8%	4%	2%	1%	1%	1%	0%	0%	2%

How big is the gap, on average, between looking at your mobile phone, and going to sleep?

Unweighted base	126	181	236	327	377	400	406	459	2100
Base	171	168	306	317	372	402	369	407	2113
No gap – looking at a device is the last thing I do before going to sleep	31%	42%	32%	37%	20%	28%	15%	13%	25%
Up to 10 minutes	18%	20%	27%	28%	20%	17%	13%	13%	19%
Up to 30 minutes	18%	19%	26%	18%	29%	25%	22%	23%	23%
Up to an hour	8%	10%	7%	10%	14%	15%	15%	19%	14%
Longer than an hour	7%	1%	3%	3%	11%	11%	21%	25%	11%
N/A I don't have a mobile phone	1%	1%	-	1%	2%	1%	8%	3%	2%
Don't know	17%	7%	5%	3%	5%	3%	6%	3%	6%

Do you usually take your phone to your bedroom when you go to sleep?

Unweighted base	126	181	236	327	377	400	406	459	2100
Base	171	168	306	317	372	402	369	407	2113
I do	72%	83%	91%	94%	74%	80%	53%	57%	74%
I do not	9%	10%	6%	3%	22%	18%	40%	41%	21%
N/A I don't have a mobile phone	5%	2%	0%	1%	2%	1%	7%	3%	2%
Don't know	14%	5%	3%	2%	2%	0%	1%	0%	3%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Age Group 16+ by Gender								
16-24/Male	16-24/Female	25-39/Male	25-39/Female	40-59/Male	40-59/Female	60+/Male	60+/Female	England

Do you check your phone when you wake up at night (assuming it wasn't the phone or an emergency that woke you up)?

Unweighted base	126	181	236	327	377	400	406	459	2100
Base	171	168	306	317	372	402	369	407	2113
I usually do	32%	44%	37%	45%	21%	26%	11%	10%	26%
I usually don't	51%	48%	60%	50%	76%	72%	87%	89%	70%
Don't know	17%	8%	4%	5%	2%	3%	2%	1%	4%

When going to sleep, do you turn all the lights in your room off or do you keep any on?

Unweighted base	126	181	236	327	377	400	406	459	2100
Base	171	168	306	317	372	402	369	407	2113
I sleep with all the lights in my room off	70%	81%	88%	85%	92%	92%	96%	94%	89%
I sleep with a (small) light on	10%	10%	7%	8%	5%	6%	3%	5%	6%
I sleep with all the lights in my room on	8%	4%	1%	4%	2%	1%	1%	1%	2%
Don't know	12%	5%	3%	3%	1%	1%	0%	-	3%

Do you have difficulty falling asleep if there is a light on (say, coming from the outside or a screen)?

Unweighted base	126	181	236	327	377	400	406	459	2100
Base	171	168	306	317	372	402	369	407	2113
I do	46%	57%	54%	55%	46%	52%	34%	46%	49%
I do not	34%	32%	37%	39%	50%	45%	60%	45%	44%
Don't know	20%	11%	9%	6%	5%	3%	6%	8%	8%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Age Group 16+ by Gender								
16-24/Male	16-24/Female	25-39/Male	25-39/Female	40-59/Male	40-59/Female	60+/Male	60+/Female	England

How often do you listen to music/a podcast/radio when going to sleep?

Unweighted base	126	181	236	327	377	400	406	459	2100
Base	171	168	306	317	372	402	369	407	2113
Often	14%	13%	15%	14%	14%	15%	13%	12%	14%
Sometimes	18%	20%	15%	19%	14%	15%	8%	9%	14%
Rarely	20%	22%	25%	17%	21%	17%	16%	11%	18%
Never	33%	39%	41%	48%	50%	53%	62%	68%	52%
Don't know	15%	6%	4%	2%	1%	1%	-	-	3%

Can you sleep when there is noise in the background, or do you need it to be quiet?

Unweighted base	126	181	236	327	377	400	406	459	2100
Base	171	168	306	317	372	402	369	407	2113
I can sleep with almost any noise	13%	12%	12%	10%	12%	9%	14%	8%	11%
I can sleep with some noise	47%	53%	63%	53%	60%	57%	62%	55%	57%
I can't sleep with any noise	25%	28%	22%	33%	26%	32%	22%	36%	28%
Don't know	15%	6%	4%	4%	2%	2%	2%	2%	4%

How often do you dream when sleeping?

Unweighted base	126	181	236	327	377	400	406	459	2100
Base	171	168	306	317	372	402	369	407	2113
Always	12%	17%	17%	17%	18%	15%	14%	15%	16%
Often	40%	49%	42%	55%	47%	55%	50%	52%	48%
Rarely	29%	24%	29%	18%	24%	21%	26%	22%	24%
Never	4%	3%	3%	2%	4%	1%	2%	2%	2%
Don't know	14%	8%	10%	8%	8%	8%	7%	9%	9%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Age Group 16+ by Gender								
16-24/Male	16-24/Female	25-39/Male	25-39/Female	40-59/Male	40-59/Female	60+/Male	60+/Female	England

How often do you remember your dreams?

Unweighted base	126	181	236	327	377	400	406	459	2100
Base	171	168	306	317	372	402	369	407	2113
Always	4%	4%	5%	5%	3%	3%	2%	3%	3%
Often	36%	49%	36%	48%	34%	51%	38%	41%	41%
Rarely	46%	36%	50%	38%	54%	42%	53%	50%	47%
Never	4%	4%	6%	4%	7%	2%	5%	5%	5%
Don't know	10%	7%	3%	5%	3%	2%	2%	1%	4%

Do you dream in colour or black and white?

Unweighted base	126	181	236	327	377	400	406	459	2100
Base	171	168	306	317	372	402	369	407	2113
In colour	65%	75%	70%	74%	58%	59%	44%	48%	60%
Black and white	4%	3%	3%	4%	3%	3%	7%	5%	4%
I never dream/don't remember my dreams	8%	5%	6%	5%	8%	4%	6%	5%	6%
Don't know	23%	17%	21%	17%	31%	34%	43%	41%	31%

Do you think dreams have a meaning?

Unweighted base	126	181	236	327	377	400	406	459	2100
Base	171	168	306	317	372	402	369	407	2113
I think they do	29%	60%	44%	56%	39%	55%	30%	40%	44%
I think they do not	37%	21%	31%	23%	34%	21%	33%	24%	27%
Don't know	34%	19%	24%	22%	27%	24%	37%	37%	29%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Age Group 16+ by Gender								
16-24/Male	16-24/Female	25-39/Male	25-39/Female	40-59/Male	40-59/Female	60+/Male	60+/Female	England

Have you ever had a dream about someone or something that changed the way you felt about them or it?

Unweighted base	126	181	236	327	377	400	406	459	2100
Base	171	168	306	317	372	402	369	407	2113
I have, it permanently changed how I felt about them or it	11%	12%	7%	6%	5%	5%	1%	3%	6%
I have, it temporarily changed how I felt about them or it	36%	43%	35%	52%	21%	38%	11%	15%	30%
I have not	33%	32%	48%	33%	63%	48%	80%	70%	54%
Don't know	19%	13%	11%	8%	11%	10%	8%	12%	11%

How often do you wake up in the morning feeling tired?

Unweighted base	126	181	236	327	377	400	406	459	2100
Base	171	168	306	317	372	402	369	407	2113
Very often	32%	44%	29%	53%	23%	40%	11%	25%	30%
Fairly often	29%	35%	39%	34%	41%	42%	36%	34%	37%
Not very often	21%	16%	28%	11%	33%	17%	48%	38%	28%
Never	1%	1%	1%	1%	1%	-	4%	3%	2%
Don't know	17%	4%	3%	2%	1%	1%	1%	1%	3%

How easy or difficult do you generally find it to get out of bed in the morning, or whenever you need to get up?

Unweighted base	126	181	236	327	377	400	406	459	2100
Base	171	168	306	317	372	402	369	407	2113
Very easy	5%	5%	7%	6%	16%	7%	24%	14%	12%
Fairly easy	27%	28%	43%	25%	46%	46%	57%	54%	43%
Fairly difficult	30%	37%	31%	40%	28%	31%	15%	24%	28%
Very difficult	23%	24%	14%	26%	9%	15%	3%	8%	13%
Don't know	15%	5%	5%	3%	1%	2%	1%	1%	3%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Age Group 16+ by Gender								
16-24/Male	16-24/Female	25-39/Male	25-39/Female	40-59/Male	40-59/Female	60+/Male	60+/Female	England

Typically, how many times, if at all, do you tend to hit the snooze button before you get up/wake up?

	16-24/Male	16-24/Female	25-39/Male	25-39/Female	40-59/Male	40-59/Female	60+/Male	60+/Female	England
Unweighted base	126	181	236	327	377	400	406	459	2100
Base	171	168	306	317	372	402	369	407	2113
I do not hit the snooze button	27%	29%	40%	26%	44%	39%	41%	35%	37%
Once	15%	21%	19%	19%	17%	18%	8%	8%	15%
Two times	21%	19%	21%	17%	12%	14%	3%	4%	13%
Three times	6%	16%	6%	13%	6%	8%	1%	3%	6%
Four times or more	4%	6%	7%	13%	4%	5%	1%	2%	5%
N/A I don't set an alarm	10%	4%	5%	9%	15%	16%	46%	48%	22%
Don't know	18%	4%	3%	3%	2%	1%	0%	1%	3%

When you wake up in the morning, do you get up straight away or spend some time in bed?

	16-24/Male	16-24/Female	25-39/Male	25-39/Female	40-59/Male	40-59/Female	60+/Male	60+/Female	England
Unweighted base	126	181	236	327	377	400	406	459	2100
Base	171	168	306	317	372	402	369	407	2113
I get up straight away	13%	10%	23%	21%	43%	31%	37%	25%	27%
I spend up to ten minutes in bed before getting up	22%	41%	40%	39%	34%	39%	37%	36%	37%
I spend up to 20 minutes in bed before getting up	19%	20%	15%	18%	11%	12%	14%	13%	15%
I spend up to half an hour in bed before getting up	13%	12%	14%	9%	6%	8%	6%	12%	9%
I spend more than half an hour in bed before getting up	18%	12%	4%	7%	4%	8%	6%	13%	8%
Don't know	16%	5%	4%	6%	2%	2%	2%	1%	4%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Part of the UK			Social Grade		Easy/difficult to fall asleep	
Wales	Scotland	Northern Ireland	ABC1	C2DE	Find it easy to fall asleep	Find it difficult to fall asleep

How important is it to you to get a good night's sleep?

Unweighted base	121	222	69	1491	1021	955	640
Base	121	211	68	1435	1077	953	641
Very important	66%	68%	76%	69%	65%	73%	61%
Somewhat important	29%	27%	23%	27%	27%	25%	30%
Not really important	3%	2%	1%	3%	4%	2%	6%
Not important at all	2%	-	-	0%	1%	-	1%
Don't know	-	2%	-	0%	3%	-	1%

When it comes to your sleep, which applies to you more...?

Unweighted base	121	222	69	1491	1021	955	640
Base	121	211	68	1435	1077	953	641
I always find it easy to sleep	6%	7%	7%	7%	7%	19%	-
I usually find it easy to sleep	36%	28%	27%	34%	27%	81%	-
I sometimes find it easy to sleep, sometimes find it difficult	32%	36%	43%	35%	35%	-	-
I usually find it difficult to sleep	17%	19%	11%	16%	18%	-	67%
I always find it difficult to sleep	9%	9%	11%	7%	10%	-	33%
Don't know	-	1%	-	0%	3%	-	-

Do you think your life at the moment would be improved by having more sleep?

Unweighted base	30	62	16	346	294	-	640
Base	31	59	15	337	304	-	641
It would, very much	55%	58%	68%	53%	53%	-	53%
It would, somewhat	28%	34%	19%	38%	34%	-	36%
It would not	7%	6%	-	4%	4%	-	4%
Don't know	9%	1%	14%	5%	9%	-	7%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Part of the UK			Social Grade		Easy/difficult to fall asleep	
Wales	Scotland	Northern Ireland	ABC1	C2DE	Find it easy to fall asleep	Find it difficult to fall asleep

Are you more of an early riser or a night owl?

Unweighted base	121	222	69	1491	1021	955	640
Base	121	211	68	1435	1077	953	641
More of an early riser	37%	37%	30%	34%	32%	38%	27%
More of a night owl	43%	42%	56%	42%	48%	40%	51%
Neither	20%	20%	14%	22%	17%	21%	20%
Don't know	-	1%	-	2%	4%	1%	2%

If you could eliminate the need for sleep, would you do it?

Unweighted base	121	222	69	1491	1021	955	640
Base	121	211	68	1435	1077	953	641
I would	25%	19%	31%	23%	27%	22%	32%
I would not	63%	67%	57%	64%	57%	67%	53%
Don't know	12%	14%	12%	13%	16%	11%	15%

In terms of when you go to bed at night, which applies to you more...?

Unweighted base	121	222	69	1491	1021	955	640
Base	121	211	68	1435	1077	953	641
I always go to bed at the same time	11%	8%	7%	8%	8%	9%	9%
I usually go to bed at the same time	67%	58%	63%	69%	55%	68%	55%
I usually go to bed at different times	18%	26%	26%	18%	26%	18%	25%
I always go to bed at different times	3%	6%	3%	4%	8%	4%	10%
Don't know	1%	1%	2%	1%	3%	1%	1%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Part of the UK			Social Grade		Easy/difficult to fall asleep	
Wales	Scotland	Northern Ireland	ABC1	C2DE	Find it easy to fall asleep	Find it difficult to fall asleep

What time, on average, do you go to bed at night?

	Wales	Scotland	Northern Ireland	ABC1	C2DE	Find it easy to fall asleep	Find it difficult to fall asleep
Unweighted base	121	222	69	1491	1021	955	640
Base	121	211	68	1435	1077	953	641
8 PM or earlier	1%	2%	3%	1%	1%	0%	2%
8.30 PM	2%	-	2%	1%	1%	1%	1%
9 PM	3%	1%	3%	3%	5%	4%	3%
9.30 PM	9%	4%	4%	6%	6%	6%	7%
10 PM	19%	16%	8%	16%	11%	14%	13%
10.30 PM	12%	16%	16%	20%	13%	18%	13%
11 PM	25%	17%	22%	19%	16%	19%	15%
11.30 PM	8%	9%	10%	10%	9%	10%	7%
Around midnight	12%	14%	18%	12%	14%	12%	14%
00.30	5%	3%	3%	4%	4%	4%	5%
1 AM or later	5%	15%	11%	7%	16%	8%	16%
Don't know	1%	3%	-	1%	5%	1%	3%

How long, on average, does it take you to get to sleep?

	Wales	Scotland	Northern Ireland	ABC1	C2DE	Find it easy to fall asleep	Find it difficult to fall asleep
Unweighted base	121	222	69	1491	1021	955	640
Base	121	211	68	1435	1077	953	641
Around 5 minutes	13%	10%	15%	15%	13%	30%	2%
Around 15 minutes	30%	29%	27%	31%	27%	42%	9%
Around 30 minutes	26%	24%	20%	25%	25%	18%	22%
Around 45 minutes	3%	8%	9%	8%	7%	2%	13%
Around an hour	6%	10%	6%	8%	8%	3%	15%
Longer than an hour	16%	11%	14%	8%	11%	1%	32%
Don't know	6%	9%	8%	5%	10%	4%	7%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Part of the UK			Social Grade		Easy/difficult to fall asleep	
Wales	Scotland	Northern Ireland	ABC1	C2DE	Find it easy to fall asleep	Find it difficult to fall asleep

How many hours of sleep do you get, on average, a night?

Unweighted base	121	222	69	1491	1021	955	640
Base	121	211	68	1435	1077	953	641
Three or fewer	2%	2%	3%	1%	2%	0%	4%
4	2%	4%	3%	3%	4%	1%	10%
5	9%	15%	9%	9%	10%	3%	21%
6	18%	20%	27%	22%	21%	14%	28%
7	40%	31%	30%	38%	32%	41%	21%
8	21%	18%	20%	21%	19%	32%	8%
9	5%	5%	6%	3%	5%	7%	1%
10 or more	1%	1%	-	1%	1%	2%	2%
Don't know	3%	4%	3%	2%	6%	1%	4%

Do you think you generally get enough sleep per night?

Unweighted base	121	222	69	1491	1021	955	640
Base	121	211	68	1435	1077	953	641
Yes I do	43%	38%	37%	44%	37%	70%	11%
No I do not	53%	53%	57%	48%	51%	24%	81%
Don't know	4%	9%	6%	8%	12%	7%	9%

How often, if ever, do you nap during the day?

Unweighted base	121	222	69	1491	1021	955	640
Base	121	211	68	1435	1077	953	641
Very often	5%	8%	4%	5%	5%	4%	7%
Fairly often	10%	16%	22%	15%	16%	14%	18%
Not very often	45%	51%	48%	44%	42%	44%	39%
Never	38%	24%	24%	35%	33%	37%	35%
Don't know	1%	1%	1%	1%	4%	1%	1%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Part of the UK			Social Grade		Easy/difficult to fall asleep	
Wales	Scotland	Northern Ireland	ABC1	C2DE	Find it easy to fall asleep	Find it difficult to fall asleep

What do you think is the perfect length for a nap?

Unweighted base	76	167	51	957	661	607	412
Base	73	159	50	914	678	596	408
Under 15 minutes	10%	7%	12%	9%	6%	10%	6%
15-20 minutes	20%	16%	15%	21%	17%	22%	15%
21-30 minutes	28%	21%	25%	26%	21%	24%	22%
31 minutes to an hour	22%	27%	30%	22%	26%	19%	25%
Between an hour and an hour and a half	13%	13%	12%	11%	15%	13%	14%
Between an hour and a half and two hours	3%	3%	4%	4%	6%	4%	7%
Two hours or more	-	1%	-	1%	1%	1%	1%
Don't know	5%	12%	2%	7%	8%	8%	9%

As far as you know, do you snore?

Unweighted base	121	222	69	1491	1021	955	640
Base	121	211	68	1435	1077	953	641
I do, often	21%	20%	22%	19%	18%	20%	18%
I do, sometimes	41%	49%	46%	47%	42%	45%	43%
I do not	23%	15%	21%	24%	24%	24%	25%
Don't know	16%	15%	11%	11%	16%	11%	14%

What do you usually sleep in?

Unweighted base	121	222	69	1491	1021	955	640
Base	121	211	68	1435	1077	953	641
Pyjamas and underwear	29%	17%	28%	20%	22%	18%	24%
Pyjamas without underwear	23%	31%	21%	29%	22%	26%	23%
Just underwear	15%	18%	34%	19%	22%	22%	21%
Something else	11%	12%	7%	12%	11%	11%	12%
Nothing – I sleep naked	20%	21%	8%	20%	20%	22%	19%
Don't know	1%	1%	2%	1%	3%	0%	1%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Part of the UK			Social Grade		Easy/difficult to fall asleep	
Wales	Scotland	Northern Ireland	ABC1	C2DE	Find it easy to fall asleep	Find it difficult to fall asleep

Do you sleep with a pillow(s) or without a pillow?

Unweighted base	121	222	69	1491	1021	955	640
Base	121	211	68	1435	1077	953	641
I sleep with three pillows or more	7%	8%	7%	7%	10%	7%	10%
I sleep with two pillows	57%	51%	62%	50%	51%	49%	51%
I sleep with one pillow	36%	38%	29%	41%	35%	43%	37%
I sleep without a pillow	-	2%	-	1%	1%	1%	1%
Don't know	-	1%	2%	1%	3%	0%	1%

How often, if at all, do you sleep with the window open when the weather is warm?

Unweighted base	121	222	69	1491	1021	955	640
Base	121	211	68	1435	1077	953	641
Very often	39%	34%	34%	42%	41%	41%	43%
Fairly often	26%	28%	16%	27%	24%	26%	25%
Not very often	23%	23%	29%	19%	19%	19%	18%
Never	12%	14%	21%	12%	12%	13%	12%
Don't know	-	2%	-	1%	4%	1%	1%

Do you sleep in the same bed as your partner or in separate beds?

Unweighted base	121	222	69	1491	1021	955	640
Base	121	211	68	1435	1077	953	641
We sleep in the same bed	53%	55%	45%	58%	44%	57%	47%
We sleep in separate beds	19%	10%	13%	12%	11%	11%	12%
Not applicable	28%	33%	40%	29%	42%	31%	40%
Don't know	1%	2%	2%	1%	4%	1%	1%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Part of the UK			Social Grade		Easy/difficult to fall asleep	
Wales	Scotland	Northern Ireland	ABC1	C2DE	Find it easy to fall asleep	Find it difficult to fall asleep

Do you sleep in the same bed as your partner or in separate beds?

Unweighted base	88	150	42	1056	605	669	384
Base: Britons in Relationships	87	141	40	1017	627	657	384
We sleep in the same bed	73%	83%	75%	82%	76%	82%	78%
We sleep in separate beds	26%	14%	22%	17%	18%	17%	20%
Don't know	1%	3%	3%	1%	6%	1%	2%

Do you let your pets sleep in the same bed as you?

Unweighted base	121	222	69	1491	1021	955	640
Base	121	211	68	1435	1077	953	641
I do, often	9%	14%	17%	15%	15%	15%	17%
I do, sometimes	17%	8%	8%	10%	11%	10%	10%
I don't	25%	24%	25%	25%	22%	26%	22%
Not applicable	48%	53%	50%	50%	49%	49%	50%
Don't know	1%	1%	-	1%	3%	0%	1%

Do you let your pets sleep in the same bed as you?

Unweighted base	62	106	34	747	518	487	321
Base: Britons with Pets	62	100	34	722	553	484	323
I do, often	17%	29%	33%	29%	29%	29%	34%
I do, sometimes	33%	17%	17%	19%	21%	19%	21%
I don't	48%	51%	50%	50%	44%	51%	44%
Don't know	1%	3%	-	1%	6%	1%	2%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Part of the UK			Social Grade		Easy/difficult to fall asleep	
Wales	Scotland	Northern Ireland	ABC1	C2DE	Find it easy to fall asleep	Find it difficult to fall asleep

Do you find you sleep better when you sleep alone, or with someone else?

Unweighted base	121	222	69	1491	1021	955	640
Base	121	211	68	1435	1077	953	641
Better when I sleep alone	43%	37%	45%	38%	36%	35%	42%
Better when I sleep with someone else	23%	22%	20%	19%	18%	19%	18%
No difference	24%	33%	26%	35%	30%	38%	27%
N/A I've never slept in a bed with someone else	5%	4%	4%	3%	10%	5%	7%
Don't know	5%	5%	5%	5%	7%	3%	7%

Which position do you sleep usually in...?

Unweighted base	121	222	69	1491	1021	955	640
Base	121	211	68	1435	1077	953	641
On my back	4%	4%	3%	7%	7%	9%	5%
On my right-hand side	29%	26%	29%	29%	25%	31%	24%
On my left-hand side	23%	26%	21%	25%	21%	21%	24%
On my stomach	12%	10%	14%	8%	8%	7%	10%
Varies	33%	33%	33%	31%	34%	31%	35%
Don't know	1%	1%	1%	1%	4%	1%	1%

How often do you wake up in the night (not including, for example, when a noise wakes you up)?

Unweighted base	121	222	69	1491	1021	955	640
Base	121	211	68	1435	1077	953	641
Very often	19%	14%	21%	18%	15%	6%	37%
Fairly often	39%	46%	39%	44%	37%	33%	41%
Not very often	37%	37%	38%	34%	38%	53%	18%
Never	3%	1%	3%	3%	4%	6%	2%
Don't know	2%	2%	-	1%	5%	1%	2%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Part of the UK			Social Grade		Easy/difficult to fall asleep	
Wales	Scotland	Northern Ireland	ABC1	C2DE	Find it easy to fall asleep	Find it difficult to fall asleep

Have you ever had the sensation, as you are going to sleep, that you are falling before waking with a start?

Unweighted base	121	222	69	1491	1021	955	640
Base	121	211	68	1435	1077	953	641
I have, many times	46%	42%	36%	41%	40%	35%	48%
I have, once or twice	27%	39%	43%	36%	33%	35%	31%
I have not	23%	16%	19%	20%	19%	26%	15%
Don't know	5%	3%	3%	4%	9%	4%	6%

Do you find it difficult to fall asleep in a bed which isn't your own (for example, when you're in a hotel or visiting family)?

Unweighted base	121	222	69	1491	1021	955	640
Base	121	211	68	1435	1077	953	641
I do	45%	45%	54%	45%	43%	33%	55%
I do not	50%	46%	40%	50%	45%	63%	33%
Not applicable – I've only slept in my bed	2%	5%	3%	2%	3%	2%	4%
Don't know	4%	4%	3%	3%	9%	2%	8%

Do you rock yourself to sleep?

Unweighted base	121	222	69	1491	1021	955	640
Base	121	211	68	1435	1077	953	641
I do	2%	2%	1%	3%	3%	3%	3%
I don't	92%	95%	99%	95%	91%	95%	93%
Don't know	6%	3%	-	3%	6%	3%	4%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Part of the UK			Social Grade		Easy/difficult to fall asleep	
Wales	Scotland	Northern Ireland	ABC1	C2DE	Find it easy to fall asleep	Find it difficult to fall asleep

What is the longest you have ever gone without sleep?

Unweighted base	121	222	69	1491	1021	955	640
Base	121	211	68	1435	1077	953	641
24 hours or fewer	34%	33%	28%	34%	31%	35%	27%
Over 24 hours	31%	24%	21%	28%	22%	28%	22%
Over 30 hours	6%	7%	12%	9%	9%	8%	9%
Over 36 hours	14%	12%	23%	12%	13%	11%	16%
Over 48 hours	5%	11%	6%	6%	10%	6%	12%
Over 54 hours	2%	5%	4%	2%	4%	2%	5%
Don't know	8%	8%	6%	8%	12%	10%	8%

How often, if at all, do you have a problem falling asleep?

Unweighted base	121	222	69	1491	1021	955	640
Base	121	211	68	1435	1077	953	641
Every night	16%	14%	15%	10%	15%	1%	44%
A few nights a week	19%	23%	12%	21%	20%	4%	39%
Once or twice a week	13%	12%	18%	15%	14%	6%	7%
A few times a month	19%	19%	14%	16%	15%	15%	5%
Once or twice a month	5%	9%	7%	12%	8%	19%	2%
Less than once a month	23%	15%	20%	17%	14%	36%	1%
Never	5%	7%	11%	7%	8%	17%	1%
Don't know	1%	2%	3%	2%	5%	2%	2%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Part of the UK			Social Grade		Easy/difficult to fall asleep	
Wales	Scotland	Northern Ireland	ABC1	C2DE	Find it easy to fall asleep	Find it difficult to fall asleep

Have you ever been diagnosed with any of the following?

Unweighted base	121	222	69	1491	1021	955	640
Base	121	211	68	1435	1077	953	641
Insomnia (difficulty sleeping or with staying asleep)	6%	5%	3%	5%	6%	3%	11%
Narcolepsy (suddenly falling asleep at random times)	3%	1%	2%	1%	1%	1%	1%
Sleep deprivation	1%	3%	3%	2%	3%	2%	3%
None of these	87%	90%	92%	91%	84%	93%	82%
Don't know	3%	2%	2%	2%	6%	2%	4%

Have you ever experienced sleep paralysis (a feeling of being conscious but unable to move)?

Unweighted base	121	222	69	1491	1021	955	640
Base	121	211	68	1435	1077	953	641
I have	24%	26%	18%	22%	22%	18%	29%
I have not	64%	68%	73%	71%	68%	76%	63%
Don't know	12%	6%	9%	6%	10%	6%	8%

Do you ever take any sleeping tablets or any other substances that help you go to sleep?

Unweighted base	121	222	69	1491	1021	955	640
Base	121	211	68	1435	1077	953	641
I do, often	5%	4%	6%	4%	5%	2%	10%
I do, sometimes	8%	8%	9%	8%	9%	5%	13%
I do, rarely	13%	17%	15%	12%	10%	8%	15%
I do not	73%	70%	70%	75%	73%	84%	61%
Don't know	1%	1%	-	1%	4%	1%	1%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Part of the UK			Social Grade		Easy/difficult to fall asleep	
Wales	Scotland	Northern Ireland	ABC1	C2DE	Find it easy to fall asleep	Find it difficult to fall asleep

How often do you have an alcoholic drink (a nightcap) in order to help you sleep?

Unweighted base	121	222	69	1491	1021	955	640
Base	121	211	68	1435	1077	953	641
Always	1%	2%	1%	2%	2%	2%	3%
Often	3%	3%	6%	4%	4%	4%	6%
Sometimes	11%	11%	3%	12%	10%	10%	11%
Rarely	16%	20%	24%	20%	17%	16%	23%
Never	69%	62%	66%	61%	63%	67%	57%
Don't know	1%	1%	-	0%	4%	1%	1%

How often do look at each of the following within an hour of going to bed?

Phone/tablet

Unweighted base	121	222	69	1491	1021	955	640
Base	121	211	68	1435	1077	953	641
I usually do	63%	56%	65%	62%	58%	61%	61%
I occasionally do	17%	16%	16%	16%	16%	14%	17%
I rarely do	13%	11%	5%	10%	10%	10%	10%
I never do	7%	17%	15%	11%	13%	15%	11%
Don't know	-	1%	-	1%	3%	1%	1%

Computer screen

Unweighted base	121	222	69	1491	1021	955	640
Base	121	211	68	1435	1077	953	641
I usually do	15%	14%	10%	14%	17%	16%	17%
I occasionally do	12%	16%	13%	19%	14%	16%	16%
I rarely do	26%	25%	24%	26%	19%	23%	21%
I never do	46%	44%	51%	41%	46%	44%	44%
Don't know	-	1%	2%	1%	3%	1%	1%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Part of the UK			Social Grade		Easy/difficult to fall asleep	
Wales	Scotland	Northern Ireland	ABC1	C2DE	Find it easy to fall asleep	Find it difficult to fall asleep

Television

Unweighted base	121	222	69	1491	1021	955	640
Base	121	211	68	1435	1077	953	641
I usually do	49%	52%	47%	54%	44%	50%	50%
I occasionally do	24%	22%	25%	21%	19%	19%	19%
I rarely do	13%	9%	8%	10%	15%	12%	13%
I never do	14%	16%	21%	15%	19%	18%	16%
Don't know	-	1%	-	1%	3%	0%	1%

How big is the gap, on average, between looking at your mobile phone, and going to sleep?

Unweighted base	121	222	69	1491	1021	955	640
Base	121	211	68	1435	1077	953	641
No gap – looking at a device is the last thing I do before going to sleep	27%	24%	25%	24%	26%	29%	24%
Up to 10 minutes	25%	19%	13%	19%	19%	20%	15%
Up to 30 minutes	22%	22%	25%	26%	20%	22%	22%
Up to an hour	12%	11%	12%	13%	13%	13%	16%
Longer than an hour	11%	15%	15%	12%	11%	11%	15%
N/A I don't have a mobile phone	2%	5%	3%	2%	2%	3%	2%
Don't know	1%	5%	7%	3%	8%	3%	6%

Do you usually take your phone to your bedroom when you go to sleep?

Unweighted base	121	222	69	1491	1021	955	640
Base	121	211	68	1435	1077	953	641
I do	80%	68%	77%	75%	73%	73%	76%
I do not	16%	27%	22%	22%	20%	23%	21%
N/A I don't have a mobile phone	4%	4%	1%	2%	3%	3%	2%
Don't know	-	1%	-	1%	4%	1%	2%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Part of the UK			Social Grade		Easy/difficult to fall asleep	
Wales	Scotland	Northern Ireland	ABC1	C2DE	Find it easy to fall asleep	Find it difficult to fall asleep

Do you check your phone when you wake up at night (assuming it wasn't the phone or an emergency that woke you up)?

Unweighted base	121	222	69	1491	1021	955	640
Base	121	211	68	1435	1077	953	641
I usually do	31%	24%	20%	24%	27%	19%	33%
I usually don't	66%	72%	78%	73%	67%	78%	64%
Don't know	2%	4%	1%	2%	6%	3%	3%

When going to sleep, do you turn all the lights in your room off or do you keep any on?

Unweighted base	121	222	69	1491	1021	955	640
Base	121	211	68	1435	1077	953	641
I sleep with all the lights in my room off	91%	90%	97%	91%	86%	92%	88%
I sleep with a (small) light on	7%	7%	3%	6%	7%	5%	8%
I sleep with all the lights in my room on	2%	2%	-	2%	3%	2%	2%
Don't know	1%	1%	-	1%	4%	1%	2%

Do you have difficulty falling asleep if there is a light on (say, coming from the outside or a screen)?

Unweighted base	121	222	69	1491	1021	955	640
Base	121	211	68	1435	1077	953	641
I do	52%	43%	41%	48%	48%	41%	56%
I do not	44%	51%	53%	46%	43%	53%	36%
Don't know	4%	6%	7%	6%	10%	6%	9%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Part of the UK			Social Grade		Easy/difficult to fall asleep	
Wales	Scotland	Northern Ireland	ABC1	C2DE	Find it easy to fall asleep	Find it difficult to fall asleep

How often do you listen to music/a podcast/radio when going to sleep?

Unweighted base	121	222	69	1491	1021	955	640
Base	121	211	68	1435	1077	953	641
Often	14%	16%	11%	14%	13%	11%	17%
Sometimes	15%	11%	9%	13%	14%	13%	17%
Rarely	18%	22%	18%	18%	19%	17%	18%
Never	52%	50%	61%	54%	49%	58%	46%
Don't know	2%	1%	-	1%	4%	1%	1%

Can you sleep when there is noise in the background, or do you need it to be quiet?

Unweighted base	121	222	69	1491	1021	955	640
Base	121	211	68	1435	1077	953	641
I can sleep with almost any noise	10%	9%	15%	11%	12%	14%	10%
I can sleep with some noise	54%	63%	51%	57%	57%	62%	50%
I can't sleep with any noise	34%	26%	33%	30%	26%	21%	36%
Don't know	3%	2%	1%	2%	5%	3%	3%

How often do you dream when sleeping?

Unweighted base	121	222	69	1491	1021	955	640
Base	121	211	68	1435	1077	953	641
Always	15%	16%	13%	16%	15%	16%	18%
Often	57%	54%	58%	50%	49%	50%	48%
Rarely	18%	22%	20%	23%	25%	25%	23%
Never	4%	2%	6%	2%	3%	2%	3%
Don't know	6%	6%	4%	8%	9%	7%	9%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Part of the UK			Social Grade		Easy/difficult to fall asleep	
Wales	Scotland	Northern Ireland	ABC1	C2DE	Find it easy to fall asleep	Find it difficult to fall asleep

How often do you remember your dreams?

Unweighted base	121	222	69	1491	1021	955	640
Base	121	211	68	1435	1077	953	641
Always	2%	4%	2%	4%	3%	4%	4%
Often	45%	43%	49%	42%	41%	41%	45%
Rarely	44%	47%	36%	48%	46%	48%	43%
Never	7%	3%	12%	4%	6%	4%	5%
Don't know	2%	3%	2%	2%	5%	2%	3%

Do you dream in colour or black and white?

Unweighted base	121	222	69	1491	1021	955	640
Base	121	211	68	1435	1077	953	641
In colour	58%	59%	58%	61%	58%	59%	61%
Black and white	6%	5%	4%	4%	4%	5%	3%
I never dream/don't remember my dreams	6%	6%	10%	5%	8%	5%	7%
Don't know	30%	30%	28%	31%	31%	32%	29%

Do you think dreams have a meaning?

Unweighted base	121	222	69	1491	1021	955	640
Base	121	211	68	1435	1077	953	641
I think they do	47%	45%	39%	45%	42%	43%	46%
I think they do not	25%	29%	35%	29%	26%	29%	26%
Don't know	28%	26%	26%	26%	32%	28%	28%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Part of the UK			Social Grade		Easy/difficult to fall asleep	
Wales	Scotland	Northern Ireland	ABC1	C2DE	Find it easy to fall asleep	Find it difficult to fall asleep

Have you ever had a dream about someone or something that changed the way you felt about them or it?

Unweighted base	121	222	69	1491	1021	955	640
Base	121	211	68	1435	1077	953	641
I have, it permanently changed how I felt about them or it	5%	4%	3%	5%	5%	5%	6%
I have, it temporarily changed how I felt about them or it	32%	27%	21%	29%	30%	24%	34%
I have not	56%	60%	66%	57%	52%	62%	49%
Don't know	7%	9%	10%	9%	13%	9%	11%

How often do you wake up in the morning feeling tired?

Unweighted base	121	222	69	1491	1021	955	640
Base	121	211	68	1435	1077	953	641
Very often	41%	28%	37%	29%	33%	17%	55%
Fairly often	29%	43%	34%	38%	36%	32%	34%
Not very often	29%	26%	28%	30%	25%	46%	7%
Never	1%	1%	1%	1%	2%	3%	1%
Don't know	-	2%	-	1%	5%	1%	2%

How easy or difficult do you generally find it to get out of bed in the morning, or whenever you need to get up?

Unweighted base	121	222	69	1491	1021	955	640
Base	121	211	68	1435	1077	953	641
Very easy	14%	12%	8%	12%	11%	17%	7%
Fairly easy	47%	47%	28%	47%	39%	52%	28%
Fairly difficult	25%	27%	42%	28%	29%	23%	34%
Very difficult	14%	13%	21%	12%	16%	7%	27%
Don't know	1%	2%	2%	1%	6%	1%	3%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Part of the UK			Social Grade		Easy/difficult to fall asleep	
Wales	Scotland	Northern Ireland	ABC1	C2DE	Find it easy to fall asleep	Find it difficult to fall asleep

Typically, how many times, if at all, do you tend to hit the snooze button before you get up/wake up?

	Wales	Scotland	Northern Ireland	ABC1	C2DE	Find it easy to fall asleep	Find it difficult to fall asleep
Unweighted base	121	222	69	1491	1021	955	640
Base	121	211	68	1435	1077	953	641
I do not hit the snooze button	41%	32%	29%	37%	36%	40%	28%
Once	21%	15%	16%	16%	14%	15%	16%
Two times	7%	12%	14%	12%	13%	12%	13%
Three times	4%	7%	18%	6%	7%	6%	8%
Four times or more	4%	8%	6%	5%	6%	4%	8%
N/A I don't set an alarm	20%	23%	15%	23%	20%	21%	25%
Don't know	2%	3%	2%	1%	5%	2%	2%

When you wake up in the morning, do you get up straight away or spend some time in bed?

	Wales	Scotland	Northern Ireland	ABC1	C2DE	Find it easy to fall asleep	Find it difficult to fall asleep
Unweighted base	121	222	69	1491	1021	955	640
Base	121	211	68	1435	1077	953	641
I get up straight away	34%	33%	23%	28%	28%	33%	24%
I spend up to ten minutes in bed before getting up	29%	35%	48%	37%	36%	40%	31%
I spend up to 20 minutes in bed before getting up	20%	11%	12%	15%	14%	12%	15%
I spend up to half an hour in bed before getting up	7%	11%	6%	9%	9%	7%	13%
I spend more than half an hour in bed before getting up	8%	7%	8%	8%	8%	6%	14%
Don't know	2%	2%	3%	2%	6%	2%	3%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Early riser / night owl		Going to sleep		Number of hours spent sleeping				
Early risers	Night owls	At the same time	At different times	5 hours or less	6 hours	7 hours	8 hours	9 hours or more

How important is it to you to get a good night's sleep?

Unweighted base	842	1093	1826	647	352	548	885	515	139
Base	835	1113	1786	679	350	546	887	508	138
Very important	74%	62%	73%	56%	56%	59%	71%	79%	79%
Somewhat important	23%	33%	25%	35%	33%	35%	27%	21%	17%
Not really important	2%	5%	2%	7%	8%	6%	2%	0%	2%
Not important at all	0%	0%	0%	2%	2%	0%	0%	0%	1%
Don't know	0%	0%	0%	1%	1%	0%	0%	-	1%

When it comes to your sleep, which applies to you more...?

Unweighted base	842	1093	1826	647	352	548	885	515	139
Base	835	1113	1786	679	350	546	887	508	138
I always find it easy to sleep	8%	7%	8%	6%	3%	4%	7%	13%	14%
I usually find it easy to sleep	35%	27%	34%	24%	7%	21%	37%	47%	44%
I sometimes find it easy to sleep, sometimes find it difficult	36%	36%	36%	36%	26%	42%	41%	30%	26%
I usually find it difficult to sleep	15%	19%	16%	20%	30%	25%	13%	8%	10%
I always find it difficult to sleep	6%	10%	7%	13%	34%	8%	2%	2%	5%
Don't know	-	0%	-	0%	0%	0%	-	-	-

Do you think your life at the moment would be improved by having more sleep?

Unweighted base	174	320	423	209	225	180	136	52	20
Base	176	327	410	223	225	179	137	51	21
It would, very much	53%	55%	54%	53%	58%	58%	46%	54%	37%
It would, somewhat	39%	36%	38%	33%	32%	35%	49%	28%	26%
It would not	5%	2%	4%	4%	4%	2%	2%	8%	20%
Don't know	3%	6%	4%	11%	6%	5%	3%	10%	18%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Early riser / night owl		Going to sleep		Number of hours spent sleeping				
Early risers	Night owls	At the same time	At different times	5 hours or less	6 hours	7 hours	8 hours	9 hours or more

Are you more of an early riser or a night owl?

Unweighted base	842	1093	1826	647	352	548	885	515	139
Base	835	1113	1786	679	350	546	887	508	138
More of an early riser	100%	-	40%	18%	35%	34%	36%	34%	18%
More of a night owl	-	100%	38%	64%	42%	47%	44%	43%	54%
Neither	-	-	21%	16%	20%	17%	19%	22%	26%
Don't know	-	-	1%	2%	3%	1%	1%	1%	1%

If you could eliminate the need for sleep, would you do it?

Unweighted base	842	1093	1826	647	352	548	885	515	139
Base	835	1113	1786	679	350	546	887	508	138
I would	21%	31%	23%	29%	34%	28%	23%	20%	16%
I would not	67%	57%	64%	55%	47%	60%	64%	70%	73%
Don't know	12%	13%	13%	16%	19%	13%	13%	10%	11%

In terms of when you go to bed at night, which applies to you more...?

Unweighted base	842	1093	1826	647	352	548	885	515	139
Base	835	1113	1786	679	350	546	887	508	138
I always go to bed at the same time	12%	5%	11%	-	10%	7%	7%	10%	12%
I usually go to bed at the same time	73%	55%	89%	-	52%	60%	70%	73%	56%
I usually go to bed at different times	12%	31%	-	79%	25%	25%	21%	15%	25%
I always go to bed at different times	2%	9%	-	21%	14%	7%	3%	2%	6%
Don't know	0%	1%	-	-	1%	0%	-	0%	1%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Early riser / night owl		Going to sleep		Number of hours spent sleeping				
Early risers	Night owls	At the same time	At different times	5 hours or less	6 hours	7 hours	8 hours	9 hours or more

What time, on average, do you go to bed at night?

Unweighted base	842	1093	1826	647	352	548	885	515	139
Base	835	1113	1786	679	350	546	887	508	138
8 PM or earlier	3%	0%	1%	1%	3%	1%	1%	1%	2%
8.30 PM	3%	0%	2%	-	2%	2%	1%	1%	1%
9 PM	7%	1%	5%	2%	5%	5%	3%	4%	6%
9.30 PM	11%	2%	7%	2%	7%	5%	6%	5%	7%
10 PM	22%	5%	17%	4%	8%	14%	15%	15%	11%
10.30 PM	25%	9%	20%	9%	15%	15%	18%	22%	11%
11 PM	17%	17%	18%	17%	15%	17%	20%	19%	17%
11.30 PM	6%	13%	10%	10%	6%	9%	13%	8%	7%
Around midnight	5%	20%	10%	19%	15%	14%	12%	12%	10%
00.30	1%	8%	3%	6%	3%	5%	4%	4%	5%
1 AM or later	1%	22%	5%	25%	19%	13%	7%	6%	21%
Don't know	0%	2%	0%	5%	1%	1%	0%	1%	1%

How long, on average, does it take you to get to sleep?

Unweighted base	842	1093	1826	647	352	548	885	515	139
Base	835	1113	1786	679	350	546	887	508	138
Around 5 minutes	17%	13%	15%	11%	8%	9%	16%	21%	14%
Around 15 minutes	35%	27%	32%	24%	16%	25%	33%	36%	40%
Around 30 minutes	26%	25%	26%	25%	18%	30%	27%	25%	21%
Around 45 minutes	7%	8%	7%	9%	10%	10%	9%	4%	1%
Around an hour	7%	9%	7%	10%	11%	9%	7%	6%	12%
Longer than an hour	5%	13%	9%	13%	30%	12%	4%	3%	7%
Don't know	4%	6%	4%	8%	7%	5%	4%	5%	4%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Early riser / night owl		Going to sleep		Number of hours spent sleeping				
Early risers	Night owls	At the same time	At different times	5 hours or less	6 hours	7 hours	8 hours	9 hours or more

How many hours of sleep do you get, on average, a night?

Unweighted base	842	1093	1826	647	352	548	885	515	139
Base	835	1113	1786	679	350	546	887	508	138
Three or fewer	1%	1%	1%	2%	8%	-	-	-	-
4	3%	3%	3%	5%	25%	-	-	-	-
5	10%	9%	8%	13%	67%	-	-	-	-
6	22%	23%	20%	26%	-	100%	-	-	-
7	39%	35%	38%	31%	-	-	100%	-	-
8	20%	20%	23%	13%	-	-	-	100%	-
9	2%	5%	4%	3%	-	-	-	-	74%
10 or more	1%	2%	1%	3%	-	-	-	-	26%
Don't know	1%	2%	1%	4%	-	-	-	-	-

Do you think you generally get enough sleep per night?

Unweighted base	842	1093	1826	647	352	548	885	515	139
Base	835	1113	1786	679	350	546	887	508	138
Yes I do	50%	37%	47%	29%	8%	19%	45%	76%	83%
No I do not	44%	54%	46%	61%	88%	70%	47%	18%	7%
Don't know	6%	9%	8%	10%	5%	11%	9%	6%	10%

How often, if ever, do you nap during the day?

Unweighted base	842	1093	1826	647	352	548	885	515	139
Base	835	1113	1786	679	350	546	887	508	138
Very often	5%	5%	4%	6%	9%	6%	3%	4%	7%
Fairly often	14%	16%	15%	18%	24%	17%	14%	12%	11%
Not very often	43%	44%	43%	46%	39%	43%	44%	43%	55%
Never	37%	34%	37%	30%	27%	34%	38%	41%	26%
Don't know	1%	1%	1%	1%	0%	1%	1%	-	1%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Early riser / night owl		Going to sleep		Number of hours spent sleeping				
Early risers	Night owls	At the same time	At different times	5 hours or less	6 hours	7 hours	8 hours	9 hours or more

What do you think is the perfect length for a nap?

Unweighted base	531	717	1152	459	261	364	554	306	101
Base	519	721	1113	472	255	358	547	298	101
Under 15 minutes	10%	5%	9%	5%	7%	7%	9%	7%	6%
15-20 minutes	24%	15%	22%	12%	17%	20%	18%	25%	14%
21-30 minutes	26%	24%	25%	19%	25%	22%	25%	27%	13%
31 minutes to an hour	20%	27%	23%	26%	24%	22%	24%	22%	29%
Between an hour and an hour and a half	10%	13%	10%	19%	14%	11%	13%	10%	18%
Between an hour and a half and two hours	3%	6%	3%	8%	5%	6%	4%	3%	9%
Two hours or more	0%	2%	1%	1%	1%	2%	1%	1%	3%
Don't know	6%	8%	7%	9%	8%	9%	6%	5%	9%

As far as you know, do you snore?

Unweighted base	842	1093	1826	647	352	548	885	515	139
Base	835	1113	1786	679	350	546	887	508	138
I do, often	18%	18%	18%	19%	21%	22%	17%	16%	21%
I do, sometimes	46%	44%	47%	40%	42%	42%	48%	48%	39%
I do not	23%	26%	23%	26%	19%	23%	25%	26%	26%
Don't know	13%	12%	11%	14%	17%	13%	10%	10%	14%

What do you usually sleep in?

Unweighted base	842	1093	1826	647	352	548	885	515	139
Base	835	1113	1786	679	350	546	887	508	138
Pyjamas and underwear	18%	24%	20%	23%	23%	19%	20%	24%	18%
Pyjamas without underwear	29%	22%	28%	20%	25%	28%	27%	27%	18%
Just underwear	19%	23%	20%	22%	23%	23%	19%	19%	19%
Something else	12%	11%	12%	11%	12%	11%	11%	13%	20%
Nothing – I sleep naked	21%	19%	19%	22%	17%	19%	24%	17%	25%
Don't know	0%	1%	0%	1%	0%	1%	0%	0%	-

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Early riser / night owl		Going to sleep		Number of hours spent sleeping				
Early risers	Night owls	At the same time	At different times	5 hours or less	6 hours	7 hours	8 hours	9 hours or more

Do you sleep with a pillow(s) or without a pillow?

Unweighted base	842	1093	1826	647	352	548	885	515	139
Base	835	1113	1786	679	350	546	887	508	138
I sleep with three pillows or more	6%	10%	7%	12%	12%	10%	7%	6%	12%
I sleep with two pillows	53%	51%	51%	50%	52%	52%	52%	50%	45%
I sleep with one pillow	41%	37%	41%	35%	34%	37%	40%	43%	39%
I sleep without a pillow	0%	1%	1%	2%	1%	1%	1%	1%	5%
Don't know	0%	1%	0%	1%	1%	0%	0%	0%	-

How often, if at all, do you sleep with the window open when the weather is warm?

Unweighted base	842	1093	1826	647	352	548	885	515	139
Base	835	1113	1786	679	350	546	887	508	138
Very often	46%	41%	43%	41%	51%	41%	42%	38%	46%
Fairly often	25%	25%	25%	28%	22%	27%	27%	29%	17%
Not very often	19%	18%	20%	17%	16%	20%	19%	19%	20%
Never	10%	15%	12%	12%	10%	12%	11%	13%	15%
Don't know	1%	1%	1%	1%	0%	1%	1%	0%	1%

Do you sleep in the same bed as your partner or in separate beds?

Unweighted base	842	1093	1826	647	352	548	885	515	139
Base	835	1113	1786	679	350	546	887	508	138
We sleep in the same bed	56%	48%	55%	46%	48%	51%	57%	52%	50%
We sleep in separate beds	12%	11%	12%	11%	13%	14%	10%	13%	5%
Not applicable	32%	40%	32%	43%	38%	34%	33%	34%	46%
Don't know	1%	1%	1%	1%	1%	1%	0%	0%	-

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Early riser / night owl		Going to sleep		Number of hours spent sleeping				
Early risers	Night owls	At the same time	At different times	5 hours or less	6 hours	7 hours	8 hours	9 hours or more

Do you sleep in the same bed as your partner or in separate beds?

Unweighted base	578	673	1248	382	222	360	600	350	78
Base: Britons in Relationships	571	670	1214	390	216	360	595	335	75
We sleep in the same bed	82%	80%	81%	80%	78%	77%	84%	79%	91%
We sleep in separate beds	17%	19%	18%	18%	21%	22%	15%	20%	9%
Don't know	1%	1%	1%	1%	2%	1%	1%	1%	-

Do you let your pets sleep in the same bed as you?

Unweighted base	842	1093	1826	647	352	548	885	515	139
Base	835	1113	1786	679	350	546	887	508	138
I do, often	17%	14%	14%	17%	14%	15%	15%	14%	17%
I do, sometimes	9%	11%	10%	12%	13%	11%	10%	10%	5%
I don't	28%	23%	25%	23%	23%	21%	29%	24%	21%
Not applicable	46%	52%	51%	47%	50%	51%	46%	53%	56%
Don't know	0%	0%	0%	1%	0%	0%	-	-	2%

Do you let your pets sleep in the same bed as you?

Unweighted base	449	522	895	340	173	264	474	243	61
Base: Britons with Pets	451	534	882	357	175	266	477	239	60
I do, often	32%	29%	29%	33%	28%	32%	28%	29%	38%
I do, sometimes	16%	23%	20%	23%	26%	23%	18%	21%	11%
I don't	52%	47%	51%	43%	45%	44%	54%	50%	48%
Don't know	0%	1%	0%	1%	1%	1%	-	-	4%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Early riser / night owl		Going to sleep		Number of hours spent sleeping				
Early risers	Night owls	At the same time	At different times	5 hours or less	6 hours	7 hours	8 hours	9 hours or more

Do you find you sleep better when you sleep alone, or with someone else?

Unweighted base	842	1093	1826	647	352	548	885	515	139
Base	835	1113	1786	679	350	546	887	508	138
Better when I sleep alone	39%	39%	38%	38%	34%	44%	36%	37%	42%
Better when I sleep with someone else	20%	20%	18%	20%	23%	18%	19%	17%	14%
No difference	34%	29%	35%	28%	33%	29%	34%	37%	32%
N/A I've never slept in a bed with someone else	4%	8%	5%	8%	5%	5%	6%	6%	8%
Don't know	3%	4%	4%	6%	4%	4%	5%	3%	3%

Which position do you sleep usually in...?

Unweighted base	842	1093	1826	647	352	548	885	515	139
Base	835	1113	1786	679	350	546	887	508	138
On my back	8%	7%	7%	7%	7%	7%	7%	8%	7%
On my right-hand side	31%	27%	29%	25%	29%	28%	30%	26%	18%
On my left-hand side	22%	24%	25%	21%	26%	22%	23%	27%	21%
On my stomach	8%	9%	8%	10%	8%	8%	8%	8%	11%
Varies	30%	33%	31%	37%	29%	34%	31%	31%	44%
Don't know	1%	1%	1%	1%	2%	1%	1%	0%	-

How often do you wake up in the night (not including, for example, when a noise wakes you up)?

Unweighted base	842	1093	1826	647	352	548	885	515	139
Base	835	1113	1786	679	350	546	887	508	138
Very often	20%	15%	17%	16%	38%	23%	11%	8%	9%
Fairly often	44%	38%	43%	39%	40%	44%	44%	38%	36%
Not very often	33%	42%	36%	39%	19%	29%	40%	49%	49%
Never	2%	4%	3%	5%	2%	2%	4%	4%	5%
Don't know	1%	1%	1%	1%	1%	1%	0%	1%	2%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Early riser / night owl		Going to sleep		Number of hours spent sleeping				
Early risers	Night owls	At the same time	At different times	5 hours or less	6 hours	7 hours	8 hours	9 hours or more

Have you ever had the sensation, as you are going to sleep, that you are falling before waking with a start?

Unweighted base	842	1093	1826	647	352	548	885	515	139
Base	835	1113	1786	679	350	546	887	508	138
I have, many times	37%	44%	40%	43%	42%	44%	43%	35%	37%
I have, once or twice	36%	35%	36%	32%	33%	34%	36%	36%	38%
I have not	22%	15%	20%	18%	20%	17%	18%	24%	19%
Don't know	5%	6%	4%	7%	6%	5%	3%	5%	6%

Do you find it difficult to fall asleep in a bed which isn't your own (for example, when you're in a hotel or visiting family)?

Unweighted base	842	1093	1826	647	352	548	885	515	139
Base	835	1113	1786	679	350	546	887	508	138
I do	47%	44%	47%	39%	48%	50%	44%	42%	39%
I do not	48%	48%	48%	50%	39%	45%	51%	53%	55%
Not applicable – I've only slept in my bed	2%	3%	2%	4%	6%	2%	2%	2%	2%
Don't know	3%	5%	3%	7%	7%	4%	3%	3%	4%

Do you rock yourself to sleep?

Unweighted base	842	1093	1826	647	352	548	885	515	139
Base	835	1113	1786	679	350	546	887	508	138
I do	2%	3%	3%	3%	3%	3%	3%	2%	4%
I don't	95%	94%	95%	94%	92%	94%	95%	95%	95%
Don't know	3%	3%	3%	4%	5%	3%	2%	3%	1%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Early riser / night owl		Going to sleep		Number of hours spent sleeping				
Early risers	Night owls	At the same time	At different times	5 hours or less	6 hours	7 hours	8 hours	9 hours or more

What is the longest you have ever gone without sleep?

Unweighted base	842	1093	1826	647	352	548	885	515	139
Base	835	1113	1786	679	350	546	887	508	138
24 hours or fewer	37%	28%	37%	23%	27%	31%	34%	38%	39%
Over 24 hours	25%	26%	26%	24%	22%	27%	28%	28%	17%
Over 30 hours	9%	10%	9%	11%	8%	12%	9%	9%	9%
Over 36 hours	11%	15%	11%	17%	14%	13%	13%	10%	11%
Over 48 hours	6%	10%	6%	12%	15%	8%	6%	5%	11%
Over 54 hours	2%	4%	2%	5%	6%	4%	2%	1%	5%
Don't know	10%	7%	8%	9%	8%	6%	8%	10%	9%

How often, if at all, do you have a problem falling asleep?

Unweighted base	842	1093	1826	647	352	548	885	515	139
Base	835	1113	1786	679	350	546	887	508	138
Every night	8%	15%	11%	17%	41%	13%	5%	5%	8%
A few nights a week	18%	24%	20%	24%	25%	31%	18%	13%	17%
Once or twice a week	14%	15%	14%	16%	11%	15%	18%	13%	10%
A few times a month	20%	14%	17%	13%	9%	16%	16%	20%	17%
Once or twice a month	12%	10%	12%	8%	4%	6%	13%	14%	18%
Less than once a month	19%	14%	17%	13%	4%	13%	19%	24%	18%
Never	8%	6%	8%	6%	5%	4%	9%	10%	11%
Don't know	1%	2%	1%	3%	1%	2%	1%	2%	1%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Early riser / night owl		Going to sleep		Number of hours spent sleeping				
Early risers	Night owls	At the same time	At different times	5 hours or less	6 hours	7 hours	8 hours	9 hours or more

Have you ever been diagnosed with any of the following?

Unweighted base	842	1093	1826	647	352	548	885	515	139
Base	835	1113	1786	679	350	546	887	508	138
Insomnia (difficulty sleeping or with staying asleep)	5%	6%	5%	7%	9%	6%	3%	4%	9%
Narcolepsy (suddenly falling asleep at random times)	1%	1%	1%	1%	2%	1%	1%	1%	1%
Sleep deprivation	1%	4%	2%	4%	4%	2%	2%	3%	4%
None of these	91%	87%	91%	86%	81%	88%	93%	92%	87%
Don't know	3%	2%	2%	3%	6%	3%	1%	1%	1%

Have you ever experienced sleep paralysis (a feeling of being conscious but unable to move)?

Unweighted base	842	1093	1826	647	352	548	885	515	139
Base	835	1113	1786	679	350	546	887	508	138
I have	23%	24%	22%	24%	26%	26%	19%	20%	28%
I have not	72%	70%	72%	68%	63%	68%	75%	76%	67%
Don't know	5%	7%	6%	8%	10%	6%	6%	4%	5%

Do you ever take any sleeping tablets or any other substances that help you go to sleep?

Unweighted base	842	1093	1826	647	352	548	885	515	139
Base	835	1113	1786	679	350	546	887	508	138
I do, often	3%	6%	4%	5%	7%	5%	3%	3%	7%
I do, sometimes	8%	10%	8%	9%	11%	11%	6%	7%	12%
I do, rarely	11%	12%	12%	10%	12%	12%	11%	8%	18%
I do not	77%	72%	75%	74%	70%	71%	79%	81%	64%
Don't know	1%	1%	1%	1%	1%	1%	1%	0%	-

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Early riser / night owl		Going to sleep		Number of hours spent sleeping				
Early risers	Night owls	At the same time	At different times	5 hours or less	6 hours	7 hours	8 hours	9 hours or more

How often do you have an alcoholic drink (a nightcap) in order to help you sleep?

Unweighted base	842	1093	1826	647	352	548	885	515	139
Base	835	1113	1786	679	350	546	887	508	138
Always	2%	3%	2%	2%	4%	2%	1%	2%	6%
Often	3%	5%	4%	7%	6%	4%	4%	5%	1%
Sometimes	10%	12%	10%	13%	13%	13%	10%	10%	11%
Rarely	18%	20%	20%	18%	24%	21%	19%	16%	18%
Never	66%	59%	64%	59%	53%	60%	66%	67%	64%
Don't know	0%	1%	0%	1%	0%	0%	0%	0%	-

How often do look at each of the following within an hour of going to bed?

Phone/tablet

Unweighted base	842	1093	1826	647	352	548	885	515	139
Base	835	1113	1786	679	350	546	887	508	138
I usually do	55%	67%	59%	66%	54%	65%	64%	58%	56%
I occasionally do	17%	14%	16%	16%	19%	15%	15%	17%	13%
I rarely do	13%	8%	11%	7%	11%	9%	10%	10%	11%
I never do	14%	9%	13%	10%	16%	11%	10%	14%	19%
Don't know	1%	1%	0%	1%	1%	1%	0%	1%	1%

Computer screen

Unweighted base	842	1093	1826	647	352	548	885	515	139
Base	835	1113	1786	679	350	546	887	508	138
I usually do	11%	19%	13%	22%	15%	18%	15%	14%	22%
I occasionally do	15%	18%	16%	19%	14%	16%	17%	18%	14%
I rarely do	22%	26%	24%	21%	17%	22%	25%	25%	18%
I never do	51%	36%	47%	37%	53%	42%	43%	43%	46%
Don't know	1%	1%	0%	2%	1%	1%	0%	1%	1%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Early riser / night owl		Going to sleep		Number of hours spent sleeping				
Early risers	Night owls	At the same time	At different times	5 hours or less	6 hours	7 hours	8 hours	9 hours or more

Television

Unweighted base	842	1093	1826	647	352	548	885	515	139
Base	835	1113	1786	679	350	546	887	508	138
I usually do	50%	51%	53%	45%	53%	49%	52%	49%	46%
I occasionally do	21%	19%	20%	20%	16%	20%	22%	21%	19%
I rarely do	11%	13%	10%	16%	14%	12%	11%	12%	11%
I never do	19%	16%	16%	17%	16%	18%	15%	18%	22%
Don't know	0%	1%	0%	1%	1%	1%	0%	-	2%

How big is the gap, on average, between looking at your mobile phone, and going to sleep?

Unweighted base	842	1093	1826	647	352	548	885	515	139
Base	835	1113	1786	679	350	546	887	508	138
No gap – looking at a device is the last thing I do before going to sleep	22%	30%	24%	30%	21%	25%	28%	25%	26%
Up to 10 minutes	20%	20%	19%	21%	16%	19%	21%	21%	16%
Up to 30 minutes	26%	22%	25%	20%	20%	27%	25%	21%	20%
Up to an hour	13%	13%	15%	10%	16%	13%	11%	16%	16%
Longer than an hour	13%	10%	13%	10%	18%	11%	10%	12%	11%
N/A I don't have a mobile phone	2%	2%	2%	3%	2%	2%	2%	3%	6%
Don't know	4%	4%	3%	7%	6%	3%	3%	3%	5%

Do you usually take your phone to your bedroom when you go to sleep?

Unweighted base	842	1093	1826	647	352	548	885	515	139
Base	835	1113	1786	679	350	546	887	508	138
I do	73%	79%	74%	79%	70%	77%	78%	73%	71%
I do not	25%	18%	23%	17%	27%	19%	20%	24%	22%
N/A I don't have a mobile phone	2%	2%	2%	3%	3%	2%	2%	3%	5%
Don't know	1%	1%	1%	2%	1%	2%	0%	1%	1%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Early riser / night owl		Going to sleep		Number of hours spent sleeping				
Early risers	Night owls	At the same time	At different times	5 hours or less	6 hours	7 hours	8 hours	9 hours or more

Do you check your phone when you wake up at night (assuming it wasn't the phone or an emergency that woke you up)?

Unweighted base	842	1093	1826	647	352	548	885	515	139
Base	835	1113	1786	679	350	546	887	508	138
I usually do	26%	28%	23%	33%	32%	28%	26%	21%	20%
I usually don't	73%	69%	75%	62%	65%	69%	72%	77%	76%
Don't know	2%	3%	2%	5%	2%	2%	2%	2%	4%

When going to sleep, do you turn all the lights in your room off or do you keep any on?

Unweighted base	842	1093	1826	647	352	548	885	515	139
Base	835	1113	1786	679	350	546	887	508	138
I sleep with all the lights in my room off	93%	89%	92%	85%	85%	90%	93%	92%	91%
I sleep with a (small) light on	5%	8%	5%	10%	12%	7%	4%	5%	6%
I sleep with all the lights in my room on	1%	2%	2%	4%	2%	2%	2%	2%	3%
Don't know	0%	1%	1%	2%	1%	1%	0%	1%	-

Do you have difficulty falling asleep if there is a light on (say, coming from the outside or a screen)?

Unweighted base	842	1093	1826	647	352	548	885	515	139
Base	835	1113	1786	679	350	546	887	508	138
I do	50%	48%	50%	45%	44%	50%	48%	53%	48%
I do not	43%	46%	44%	47%	48%	46%	47%	42%	48%
Don't know	6%	6%	5%	8%	8%	5%	6%	6%	3%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Early riser / night owl		Going to sleep		Number of hours spent sleeping				
Early risers	Night owls	At the same time	At different times	5 hours or less	6 hours	7 hours	8 hours	9 hours or more

How often do you listen to music/a podcast/radio when going to sleep?

Unweighted base	842	1093	1826	647	352	548	885	515	139
Base	835	1113	1786	679	350	546	887	508	138
Often	15%	14%	14%	15%	17%	17%	13%	12%	10%
Sometimes	12%	16%	13%	17%	19%	16%	13%	13%	11%
Rarely	18%	19%	18%	20%	19%	18%	19%	17%	18%
Never	54%	50%	55%	46%	44%	49%	54%	58%	60%
Don't know	1%	1%	1%	2%	1%	0%	1%	0%	1%

Can you sleep when there is noise in the background, or do you need it to be quiet?

Unweighted base	842	1093	1826	647	352	548	885	515	139
Base	835	1113	1786	679	350	546	887	508	138
I can sleep with almost any noise	10%	12%	10%	14%	16%	10%	10%	10%	17%
I can sleep with some noise	60%	58%	58%	58%	54%	58%	59%	61%	55%
I can't sleep with any noise	28%	28%	30%	25%	27%	30%	30%	27%	27%
Don't know	2%	2%	2%	3%	4%	2%	1%	1%	1%

How often do you dream when sleeping?

Unweighted base	842	1093	1826	647	352	548	885	515	139
Base	835	1113	1786	679	350	546	887	508	138
Always	14%	17%	17%	14%	14%	15%	17%	17%	18%
Often	50%	51%	50%	51%	42%	53%	51%	54%	52%
Rarely	26%	23%	25%	22%	28%	22%	25%	23%	23%
Never	2%	2%	2%	4%	4%	2%	2%	1%	4%
Don't know	8%	6%	7%	9%	12%	8%	6%	5%	4%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Early riser / night owl		Going to sleep		Number of hours spent sleeping				
Early risers	Night owls	At the same time	At different times	5 hours or less	6 hours	7 hours	8 hours	9 hours or more

How often do you remember your dreams?

Unweighted base	842	1093	1826	647	352	548	885	515	139
Base	835	1113	1786	679	350	546	887	508	138
Always	3%	4%	4%	3%	5%	3%	2%	4%	4%
Often	40%	45%	42%	43%	36%	44%	41%	46%	51%
Rarely	51%	45%	48%	45%	49%	46%	50%	45%	40%
Never	5%	4%	4%	6%	8%	5%	4%	4%	4%
Don't know	2%	2%	2%	3%	3%	2%	2%	1%	1%

Do you dream in colour or black and white?

Unweighted base	842	1093	1826	647	352	548	885	515	139
Base	835	1113	1786	679	350	546	887	508	138
In colour	57%	67%	60%	62%	52%	62%	64%	61%	60%
Black and white	5%	3%	4%	3%	5%	2%	4%	6%	5%
I never dream/don't remember my dreams	6%	6%	5%	7%	9%	7%	5%	5%	5%
Don't know	33%	24%	31%	27%	33%	30%	28%	28%	30%

Do you think dreams have a meaning?

Unweighted base	842	1093	1826	647	352	548	885	515	139
Base	835	1113	1786	679	350	546	887	508	138
I think they do	43%	47%	44%	46%	42%	44%	46%	42%	53%
I think they do not	28%	29%	28%	27%	24%	28%	29%	30%	27%
Don't know	29%	25%	28%	27%	33%	28%	25%	28%	20%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Early riser / night owl		Going to sleep		Number of hours spent sleeping				
Early risers	Night owls	At the same time	At different times	5 hours or less	6 hours	7 hours	8 hours	9 hours or more

Have you ever had a dream about someone or something that changed the way you felt about them or it?

Unweighted base	842	1093	1826	647	352	548	885	515	139
Base	835	1113	1786	679	350	546	887	508	138
I have, it permanently changed how I felt about them or it	5%	6%	5%	6%	6%	6%	5%	4%	7%
I have, it temporarily changed how I felt about them or it	25%	34%	28%	34%	27%	29%	32%	29%	34%
I have not	61%	51%	58%	48%	54%	56%	55%	59%	50%
Don't know	9%	9%	8%	13%	13%	9%	8%	7%	9%

How often do you wake up in the morning feeling tired?

Unweighted base	842	1093	1826	647	352	548	885	515	139
Base	835	1113	1786	679	350	546	887	508	138
Very often	20%	38%	29%	38%	47%	36%	28%	21%	30%
Fairly often	37%	38%	38%	35%	38%	42%	38%	35%	29%
Not very often	39%	22%	31%	23%	13%	20%	33%	41%	30%
Never	2%	1%	2%	1%	1%	1%	1%	3%	8%
Don't know	1%	1%	1%	2%	2%	1%	1%	0%	2%

How easy or difficult do you generally find it to get out of bed in the morning, or whenever you need to get up?

Unweighted base	842	1093	1826	647	352	548	885	515	139
Base	835	1113	1786	679	350	546	887	508	138
Very easy	23%	5%	13%	8%	13%	10%	11%	14%	12%
Fairly easy	56%	34%	48%	33%	36%	43%	48%	49%	34%
Fairly difficult	16%	37%	26%	35%	27%	30%	29%	28%	34%
Very difficult	3%	22%	11%	21%	22%	15%	11%	10%	19%
Don't know	1%	2%	1%	3%	1%	2%	1%	0%	1%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Early riser / night owl		Going to sleep		Number of hours spent sleeping				
Early risers	Night owls	At the same time	At different times	5 hours or less	6 hours	7 hours	8 hours	9 hours or more

Typically, how many times, if at all, do you tend to hit the snooze button before you get up/wake up?

Unweighted base	842	1093	1826	647	352	548	885	515	139
Base	835	1113	1786	679	350	546	887	508	138
I do not hit the snooze button	50%	28%	40%	28%	31%	37%	38%	40%	32%
Once	15%	16%	15%	15%	13%	15%	18%	14%	11%
Two times	6%	18%	12%	16%	11%	15%	13%	13%	10%
Three times	2%	10%	5%	10%	8%	8%	7%	6%	7%
Four times or more	2%	8%	4%	8%	6%	4%	5%	4%	9%
N/A I don't set an alarm	23%	19%	23%	20%	30%	20%	19%	22%	31%
Don't know	1%	2%	1%	3%	2%	1%	1%	1%	-

When you wake up in the morning, do you get up straight away or spend some time in bed?

Unweighted base	842	1093	1826	647	352	548	885	515	139
Base	835	1113	1786	679	350	546	887	508	138
I get up straight away	43%	20%	30%	23%	33%	29%	29%	28%	18%
I spend up to ten minutes in bed before getting up	35%	38%	38%	35%	33%	35%	39%	40%	40%
I spend up to 20 minutes in bed before getting up	10%	17%	15%	14%	11%	14%	15%	16%	14%
I spend up to half an hour in bed before getting up	5%	12%	8%	12%	11%	10%	9%	8%	11%
I spend more than half an hour in bed before getting up	4%	11%	7%	12%	10%	9%	6%	7%	16%
Don't know	2%	2%	2%	3%	3%	2%	1%	1%	1%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Have been diagnosed with sleep problems		Do you sleep in the same bed as your partner or in separate beds?			Do you let your pets sleep in the same bed as you?			
Yes	No	We sleep in the same bed	We sleep in separate beds	Don't know	I do, often	I do, sometimes	I don't	Don't know

How important is it to you to get a good night's sleep?

Unweighted base	194	2235	1319	299	43	371	249	610	35
Base	201	2217	1303	288	51	373	255	606	42
Very important	60%	69%	70%	69%	30%	69%	64%	66%	13%
Somewhat important	31%	27%	27%	25%	11%	26%	28%	29%	10%
Not really important	6%	3%	3%	4%	3%	5%	7%	3%	2%
Not important at all	2%	0%	0%	1%	2%	1%	1%	1%	5%
Don't know	2%	0%	0%	-	54%	-	0%	0%	70%

When it comes to your sleep, which applies to you more...?

Unweighted base	194	2235	1319	299	43	371	249	610	35
Base	201	2217	1303	288	51	373	255	606	42
I always find it easy to sleep	7%	8%	9%	6%	7%	9%	5%	6%	6%
I usually find it easy to sleep	18%	32%	33%	32%	8%	29%	31%	34%	5%
I sometimes find it easy to sleep, sometimes find it difficult	30%	36%	35%	35%	12%	33%	38%	36%	4%
I usually find it difficult to sleep	27%	16%	16%	19%	7%	19%	16%	16%	7%
I always find it difficult to sleep	18%	7%	7%	7%	9%	10%	10%	8%	7%
Don't know	1%	0%	0%	0%	56%	-	-	-	71%

Do you think your life at the moment would be improved by having more sleep?

Unweighted base	90	525	297	78	9	106	67	142	6
Base	91	524	300	75	8	109	67	142	6
It would, very much	70%	51%	56%	54%	23%	58%	64%	48%	17%
It would, somewhat	22%	39%	35%	39%	21%	32%	33%	38%	-
It would not	4%	4%	5%	3%	11%	4%	-	6%	15%
Don't know	4%	6%	4%	4%	45%	6%	3%	7%	68%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Have been diagnosed with sleep problems		Do you sleep in the same bed as your partner or in separate beds?			Do you let your pets sleep in the same bed as you?			
Yes	No	We sleep in the same bed	We sleep in separate beds	Don't know	I do, often	I do, sometimes	I don't	Don't know

Are you more of an early riser or a night owl?

Unweighted base	194	2235	1319	299	43	371	249	610	35
Base	201	2217	1303	288	51	373	255	606	42
More of an early riser	26%	34%	36%	34%	8%	39%	28%	39%	3%
More of a night owl	57%	44%	41%	44%	15%	41%	48%	42%	12%
Neither	15%	21%	22%	21%	11%	19%	20%	18%	10%
Don't know	2%	1%	1%	0%	66%	1%	3%	1%	74%

If you could eliminate the need for sleep, would you do it?

Unweighted base	194	2235	1319	299	43	371	249	610	35
Base	201	2217	1303	288	51	373	255	606	42
I would	35%	24%	24%	27%	10%	28%	30%	25%	10%
I would not	50%	64%	64%	58%	23%	61%	56%	61%	14%
Don't know	15%	13%	12%	14%	67%	12%	13%	13%	76%

In terms of when you go to bed at night, which applies to you more...?

Unweighted base	194	2235	1319	299	43	371	249	610	35
Base	201	2217	1303	288	51	373	255	606	42
I always go to bed at the same time	14%	8%	8%	13%	-	9%	7%	8%	-
I usually go to bed at the same time	47%	66%	68%	62%	23%	59%	61%	66%	8%
I usually go to bed at different times	28%	21%	20%	19%	5%	24%	26%	21%	7%
I always go to bed at different times	9%	5%	4%	6%	4%	7%	6%	4%	6%
Don't know	1%	0%	0%	0%	67%	0%	-	0%	80%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Have been diagnosed with sleep problems		Do you sleep in the same bed as your partner or in separate beds?			Do you let your pets sleep in the same bed as you?			
Yes	No	We sleep in the same bed	We sleep in separate beds	Don't know	I do, often	I do, sometimes	I don't	Don't know

What time, on average, do you go to bed at night?

	Yes	No	We sleep in the same bed	We sleep in separate beds	Don't know	I do, often	I do, sometimes	I don't	Don't know
Unweighted base	194	2235	1319	299	43	371	249	610	35
Base	201	2217	1303	288	51	373	255	606	42
8 PM or earlier	1%	1%	1%	2%	-	1%	1%	1%	-
8.30 PM	4%	1%	1%	3%	-	3%	3%	2%	-
9 PM	6%	4%	4%	6%	6%	6%	5%	5%	3%
9.30 PM	6%	6%	7%	5%	2%	9%	6%	7%	-
10 PM	14%	14%	15%	13%	8%	15%	13%	15%	2%
10.30 PM	10%	18%	19%	16%	-	17%	15%	19%	2%
11 PM	15%	18%	18%	21%	9%	14%	20%	18%	2%
11.30 PM	9%	10%	11%	10%	3%	7%	8%	8%	3%
Around midnight	21%	12%	12%	12%	8%	12%	16%	11%	6%
00.30	3%	4%	4%	3%	-	3%	3%	4%	2%
1 AM or later	9%	11%	7%	7%	4%	11%	10%	9%	4%
Don't know	2%	1%	1%	0%	60%	1%	1%	1%	75%

How long, on average, does it take you to get to sleep?

	Yes	No	We sleep in the same bed	We sleep in separate beds	Don't know	I do, often	I do, sometimes	I don't	Don't know
Unweighted base	194	2235	1319	299	43	371	249	610	35
Base	201	2217	1303	288	51	373	255	606	42
Around 5 minutes	11%	15%	15%	17%	3%	12%	11%	16%	6%
Around 15 minutes	17%	31%	30%	28%	4%	30%	26%	31%	3%
Around 30 minutes	23%	25%	27%	26%	2%	26%	29%	27%	-
Around 45 minutes	12%	7%	8%	7%	3%	8%	8%	7%	2%
Around an hour	14%	7%	7%	5%	2%	11%	7%	6%	-
Longer than an hour	19%	9%	8%	14%	6%	11%	12%	9%	8%
Don't know	3%	6%	5%	2%	79%	2%	6%	5%	81%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Have been diagnosed with sleep problems		Do you sleep in the same bed as your partner or in separate beds?			Do you let your pets sleep in the same bed as you?			
Yes	No	We sleep in the same bed	We sleep in separate beds	Don't know	I do, often	I do, sometimes	I don't	Don't know

How many hours of sleep do you get, on average, a night?

Unweighted base	194	2235	1319	299	43	371	249	610	35
Base	201	2217	1303	288	51	373	255	606	42
Three or fewer	1%	1%	1%	1%	2%	1%	2%	1%	-
4	8%	3%	3%	3%	4%	4%	5%	3%	3%
5	14%	9%	9%	12%	2%	8%	11%	9%	-
6	25%	22%	21%	27%	7%	23%	24%	19%	6%
7	23%	37%	38%	31%	7%	36%	33%	42%	-
8	19%	21%	20%	23%	3%	18%	20%	20%	-
9	5%	4%	4%	2%	-	3%	2%	4%	2%
10 or more	3%	1%	1%	0%	-	3%	1%	1%	3%
Don't know	2%	2%	2%	0%	74%	3%	2%	1%	86%

Do you think you generally get enough sleep per night?

Unweighted base	194	2235	1319	299	43	371	249	610	35
Base	201	2217	1303	288	51	373	255	606	42
Yes I do	29%	44%	43%	42%	12%	40%	39%	43%	8%
No I do not	62%	48%	49%	49%	14%	53%	53%	49%	7%
Don't know	9%	8%	8%	9%	74%	7%	8%	8%	85%

How often, if ever, do you nap during the day?

Unweighted base	194	2235	1319	299	43	371	249	610	35
Base	201	2217	1303	288	51	373	255	606	42
Very often	8%	5%	4%	7%	2%	7%	5%	4%	3%
Fairly often	24%	14%	13%	25%	6%	21%	18%	17%	3%
Not very often	44%	44%	46%	38%	10%	41%	45%	42%	10%
Never	24%	36%	36%	30%	9%	30%	31%	37%	2%
Don't know	1%	1%	1%	1%	72%	1%	2%	0%	82%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Have been diagnosed with sleep problems		Do you sleep in the same bed as your partner or in separate beds?			Do you let your pets sleep in the same bed as you?			
Yes	No	We sleep in the same bed	We sleep in separate beds	Don't know	I do, often	I do, sometimes	I don't	Don't know

What do you think is the perfect length for a nap?

Unweighted base	148	1429	846	207	9	255	171	389	6
Base	152	1398	827	199	10	257	171	379	7
Under 15 minutes	3%	8%	9%	8%	-	5%	3%	11%	-
15-20 minutes	18%	20%	20%	22%	9%	12%	17%	20%	29%
21-30 minutes	30%	23%	23%	31%	28%	22%	27%	25%	13%
31 minutes to an hour	25%	24%	23%	18%	37%	27%	30%	24%	19%
Between an hour and an hour and a half	11%	13%	12%	8%	14%	18%	10%	10%	38%
Between an hour and a half and two hours	8%	4%	4%	5%	-	9%	6%	3%	-
Two hours or more	2%	1%	1%	1%	-	0%	1%	1%	-
Don't know	4%	8%	7%	8%	11%	7%	7%	6%	-

As far as you know, do you snore?

Unweighted base	194	2235	1319	299	43	371	249	610	35
Base	201	2217	1303	288	51	373	255	606	42
I do, often	23%	18%	20%	28%	4%	26%	19%	17%	4%
I do, sometimes	40%	46%	53%	48%	10%	44%	49%	50%	2%
I do not	26%	24%	20%	19%	18%	20%	25%	23%	13%
Don't know	12%	12%	6%	6%	69%	11%	7%	9%	80%

What do you usually sleep in?

Unweighted base	194	2235	1319	299	43	371	249	610	35
Base	201	2217	1303	288	51	373	255	606	42
Pyjamas and underwear	25%	21%	19%	19%	4%	23%	21%	17%	2%
Pyjamas without underwear	28%	26%	26%	29%	7%	28%	26%	28%	-
Just underwear	16%	21%	21%	18%	4%	19%	25%	20%	3%
Something else	11%	12%	10%	14%	5%	12%	10%	12%	2%
Nothing – I sleep naked	19%	20%	24%	18%	9%	18%	18%	23%	8%
Don't know	1%	0%	0%	0%	71%	1%	0%	0%	84%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Have been diagnosed with sleep problems		Do you sleep in the same bed as your partner or in separate beds?			Do you let your pets sleep in the same bed as you?			
Yes	No	We sleep in the same bed	We sleep in separate beds	Don't know	I do, often	I do, sometimes	I don't	Don't know

Do you sleep with a pillow(s) or without a pillow?

Unweighted base	194	2235	1319	299	43	371	249	610	35
Base	201	2217	1303	288	51	373	255	606	42
I sleep with three pillows or more	12%	8%	6%	8%	-	12%	9%	8%	-
I sleep with two pillows	48%	52%	51%	48%	16%	53%	52%	49%	8%
I sleep with one pillow	35%	39%	43%	42%	-	35%	36%	42%	5%
I sleep without a pillow	3%	1%	1%	2%	4%	-	2%	1%	3%
Don't know	1%	0%	0%	-	80%	-	1%	-	85%

How often, if at all, do you sleep with the window open when the weather is warm?

Unweighted base	194	2235	1319	299	43	371	249	610	35
Base	201	2217	1303	288	51	373	255	606	42
Very often	41%	42%	45%	43%	6%	49%	41%	44%	-
Fairly often	26%	26%	28%	26%	4%	25%	32%	28%	-
Not very often	23%	19%	18%	20%	7%	13%	20%	19%	7%
Never	8%	12%	9%	11%	4%	12%	6%	9%	8%
Don't know	1%	1%	1%	-	78%	1%	1%	0%	85%

Do you sleep in the same bed as your partner or in separate beds?

Unweighted base	194	2235	1319	299	43	371	249	610	35
Base	201	2217	1303	288	51	373	255	606	42
We sleep in the same bed	41%	54%	100%	-	-	56%	53%	60%	7%
We sleep in separate beds	21%	11%	-	100%	-	10%	16%	16%	-
Not applicable	37%	34%	-	-	-	34%	30%	24%	5%
Don't know	1%	0%	-	-	100%	-	1%	1%	88%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Have been diagnosed with sleep problems		Do you sleep in the same bed as your partner or in separate beds?			Do you let your pets sleep in the same bed as you?			
Yes	No	We sleep in the same bed	We sleep in separate beds	Don't know	I do, often	I do, sometimes	I don't	Don't know

Do you sleep in the same bed as your partner or in separate beds?

Unweighted base	123	1483	1319	299	43	242	176	472	33
Base: Britons in Relationships	126	1454	1303	288	51	245	178	461	40
We sleep in the same bed	65%	83%	100%	-	-	85%	76%	79%	7%
We sleep in separate beds	33%	17%	-	100%	-	15%	23%	21%	-
Don't know	1%	1%	-	-	100%	-	2%	1%	93%

Do you let your pets sleep in the same bed as you?

Unweighted base	194	2235	1319	299	43	371	249	610	35
Base	201	2217	1303	288	51	373	255	606	42
I do, often	18%	15%	16%	12%	-	100%	-	-	-
I do, sometimes	17%	10%	10%	14%	6%	-	100%	-	-
I don't	24%	25%	28%	33%	6%	-	-	100%	-
Not applicable	41%	51%	46%	40%	16%	-	-	-	-
Don't know	1%	0%	0%	-	73%	-	-	-	100%

Do you let your pets sleep in the same bed as you?

Unweighted base	114	1094	713	175	35	371	249	610	35
Base: Britons with Pets	118	1089	710	172	43	373	255	606	42
I do, often	30%	30%	29%	21%	-	100%	-	-	-
I do, sometimes	28%	20%	19%	24%	7%	-	100%	-	-
I don't	41%	50%	51%	55%	7%	-	-	100%	-
Don't know	1%	0%	0%	-	86%	-	-	-	100%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Have been diagnosed with sleep problems		Do you sleep in the same bed as your partner or in separate beds?			Do you let your pets sleep in the same bed as you?			
Yes	No	We sleep in the same bed	We sleep in separate beds	Don't know	I do, often	I do, sometimes	I don't	Don't know

Do you find you sleep better when you sleep alone, or with someone else?

Unweighted base	194	2235	1319	299	43	371	249	610	35
Base	201	2217	1303	288	51	373	255	606	42
Better when I sleep alone	35%	38%	25%	69%	4%	35%	39%	39%	5%
Better when I sleep with someone else	27%	18%	27%	10%	4%	21%	20%	23%	-
No difference	28%	34%	44%	20%	13%	37%	31%	33%	-
N/A I've never slept in a bed with someone else	6%	6%	0%	1%	3%	3%	7%	3%	5%
Don't know	3%	4%	3%	0%	77%	4%	4%	3%	90%

Which position do you sleep usually in...?

Unweighted base	194	2235	1319	299	43	371	249	610	35
Base	201	2217	1303	288	51	373	255	606	42
On my back	10%	7%	7%	8%	2%	8%	6%	7%	-
On my right-hand side	31%	27%	27%	36%	2%	29%	29%	26%	-
On my left-hand side	27%	24%	26%	22%	10%	24%	22%	25%	2%
On my stomach	10%	8%	9%	6%	3%	7%	9%	11%	-
Varies	21%	33%	31%	29%	10%	32%	33%	31%	10%
Don't know	-	1%	0%	-	74%	1%	1%	0%	88%

How often do you wake up in the night (not including, for example, when a noise wakes you up)?

Unweighted base	194	2235	1319	299	43	371	249	610	35
Base	201	2217	1303	288	51	373	255	606	42
Very often	24%	16%	17%	19%	2%	22%	13%	17%	-
Fairly often	50%	41%	45%	49%	4%	44%	46%	44%	2%
Not very often	23%	38%	36%	30%	9%	31%	38%	35%	2%
Never	1%	3%	2%	1%	3%	2%	1%	3%	-
Don't know	1%	1%	1%	1%	81%	2%	1%	1%	95%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Have been diagnosed with sleep problems		Do you sleep in the same bed as your partner or in separate beds?			Do you let your pets sleep in the same bed as you?			
Yes	No	We sleep in the same bed	We sleep in separate beds	Don't know	I do, often	I do, sometimes	I don't	Don't know

Have you ever had the sensation, as you are going to sleep, that you are falling before waking with a start?

Unweighted base	194	2235	1319	299	43	371	249	610	35
Base	201	2217	1303	288	51	373	255	606	42
I have, many times	53%	40%	44%	34%	10%	49%	44%	40%	7%
I have, once or twice	36%	35%	35%	40%	11%	35%	38%	36%	-
I have not	10%	20%	18%	22%	2%	14%	15%	19%	2%
Don't know	1%	5%	4%	4%	77%	2%	4%	4%	91%

Do you find it difficult to fall asleep in a bed which isn't your own (for example, when you're in a hotel or visiting family)?

Unweighted base	194	2235	1319	299	43	371	249	610	35
Base	201	2217	1303	288	51	373	255	606	42
I do	51%	45%	44%	49%	8%	50%	44%	47%	-
I do not	36%	50%	51%	45%	7%	44%	47%	48%	2%
Not applicable – I've only slept in my bed	8%	2%	1%	4%	7%	2%	6%	2%	2%
Don't know	5%	4%	3%	2%	78%	4%	3%	2%	96%

Do you rock yourself to sleep?

Unweighted base	194	2235	1319	299	43	371	249	610	35
Base	201	2217	1303	288	51	373	255	606	42
I do	15%	1%	3%	5%	-	6%	6%	2%	-
I don't	79%	96%	95%	91%	27%	92%	90%	95%	14%
Don't know	6%	2%	2%	4%	73%	2%	4%	3%	86%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Have been diagnosed with sleep problems		Do you sleep in the same bed as your partner or in separate beds?			Do you let your pets sleep in the same bed as you?			
Yes	No	We sleep in the same bed	We sleep in separate beds	Don't know	I do, often	I do, sometimes	I don't	Don't know

What is the longest you have ever gone without sleep?

Unweighted base	194	2235	1319	299	43	371	249	610	35
Base	201	2217	1303	288	51	373	255	606	42
24 hours or fewer	17%	35%	33%	33%	9%	33%	32%	31%	3%
Over 24 hours	23%	26%	26%	32%	13%	23%	32%	28%	4%
Over 30 hours	14%	9%	9%	9%	5%	9%	9%	10%	5%
Over 36 hours	23%	12%	12%	11%	-	16%	13%	13%	2%
Over 48 hours	14%	7%	8%	8%	2%	9%	9%	8%	-
Over 54 hours	6%	3%	2%	2%	7%	3%	2%	2%	11%
Don't know	4%	9%	9%	5%	65%	8%	3%	7%	75%

How often, if at all, do you have a problem falling asleep?

Unweighted base	194	2235	1319	299	43	371	249	610	35
Base	201	2217	1303	288	51	373	255	606	42
Every night	26%	11%	10%	14%	5%	15%	10%	11%	2%
A few nights a week	26%	20%	21%	22%	-	26%	24%	19%	2%
Once or twice a week	17%	15%	14%	17%	4%	11%	15%	14%	2%
A few times a month	15%	16%	16%	16%	4%	15%	15%	19%	-
Once or twice a month	6%	11%	12%	8%	5%	8%	13%	11%	-
Less than once a month	5%	18%	18%	17%	2%	14%	18%	18%	-
Never	3%	8%	8%	6%	5%	10%	4%	7%	4%
Don't know	2%	1%	1%	0%	74%	1%	1%	1%	89%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Have been diagnosed with sleep problems		Do you sleep in the same bed as your partner or in separate beds?			Do you let your pets sleep in the same bed as you?			
Yes	No	We sleep in the same bed	We sleep in separate beds	Don't know	I do, often	I do, sometimes	I don't	Don't know

Have you ever been diagnosed with any of the following?

Unweighted base	194	2235	1319	299	43	371	249	610	35
Base	201	2217	1303	288	51	373	255	606	42
Insomnia (difficulty sleeping or with staying asleep)	65%	-	5%	7%	-	7%	8%	4%	2%
Narcolepsy (suddenly falling asleep at random times)	14%	-	1%	3%	-	1%	2%	2%	-
Sleep deprivation	31%	-	2%	4%	4%	2%	5%	3%	-
None of these	-	100%	92%	84%	20%	87%	85%	90%	9%
Don't know	-	-	2%	1%	76%	3%	2%	2%	88%

Have you ever experienced sleep paralysis (a feeling of being conscious but unable to move)?

Unweighted base	194	2235	1319	299	43	371	249	610	35
Base	201	2217	1303	288	51	373	255	606	42
I have	34%	22%	22%	24%	4%	25%	24%	21%	-
I have not	59%	72%	72%	70%	18%	69%	71%	72%	4%
Don't know	7%	6%	6%	6%	78%	6%	5%	7%	96%

Do you ever take any sleeping tablets or any other substances that help you go to sleep?

Unweighted base	194	2235	1319	299	43	371	249	610	35
Base	201	2217	1303	288	51	373	255	606	42
I do, often	16%	3%	3%	10%	-	9%	6%	3%	-
I do, sometimes	31%	7%	7%	13%	6%	10%	12%	10%	-
I do, rarely	22%	11%	12%	9%	4%	18%	9%	11%	2%
I do not	30%	79%	78%	67%	15%	62%	72%	74%	9%
Don't know	1%	0%	0%	1%	76%	0%	1%	1%	88%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Have been diagnosed with sleep problems		Do you sleep in the same bed as your partner or in separate beds?			Do you let your pets sleep in the same bed as you?			
Yes	No	We sleep in the same bed	We sleep in separate beds	Don't know	I do, often	I do, sometimes	I don't	Don't know

How often do you have an alcoholic drink (a nightcap) in order to help you sleep?

Unweighted base	194	2235	1319	299	43	371	249	610	35
Base	201	2217	1303	288	51	373	255	606	42
Always	4%	2%	2%	5%	-	3%	2%	3%	-
Often	8%	4%	4%	6%	2%	4%	9%	3%	2%
Sometimes	23%	10%	12%	13%	5%	10%	15%	13%	-
Rarely	24%	19%	20%	17%	7%	20%	21%	17%	2%
Never	40%	65%	61%	59%	12%	62%	53%	63%	7%
Don't know	-	0%	0%	-	74%	1%	-	0%	88%

How often do look at each of the following within an hour of going to bed?

Phone/tablet

Unweighted base	194	2235	1319	299	43	371	249	610	35
Base	201	2217	1303	288	51	373	255	606	42
I usually do	57%	62%	62%	57%	27%	68%	65%	58%	18%
I occasionally do	24%	15%	16%	17%	7%	15%	17%	19%	2%
I rarely do	9%	10%	11%	8%	8%	7%	10%	11%	10%
I never do	10%	12%	11%	18%	3%	9%	8%	12%	3%
Don't know	-	0%	0%	0%	55%	1%	1%	0%	67%

Computer screen

Unweighted base	194	2235	1319	299	43	371	249	610	35
Base	201	2217	1303	288	51	373	255	606	42
I usually do	16%	16%	11%	14%	10%	15%	19%	12%	7%
I occasionally do	21%	16%	16%	18%	7%	14%	17%	17%	13%
I rarely do	25%	23%	26%	22%	4%	22%	24%	24%	5%
I never do	38%	44%	46%	46%	26%	48%	39%	47%	10%
Don't know	1%	1%	1%	1%	52%	1%	1%	1%	64%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Have been diagnosed with sleep problems		Do you sleep in the same bed as your partner or in separate beds?			Do you let your pets sleep in the same bed as you?			
Yes	No	We sleep in the same bed	We sleep in separate beds	Don't know	I do, often	I do, sometimes	I don't	Don't know

Television

Unweighted base	194	2235	1319	299	43	371	249	610	35
Base	201	2217	1303	288	51	373	255	606	42
I usually do	34%	52%	57%	50%	14%	53%	47%	52%	8%
I occasionally do	27%	20%	21%	20%	7%	22%	26%	21%	6%
I rarely do	23%	11%	8%	15%	13%	12%	16%	11%	10%
I never do	15%	17%	14%	14%	12%	12%	10%	16%	7%
Don't know	1%	1%	0%	1%	54%	1%	1%	0%	69%

How big is the gap, on average, between looking at your mobile phone, and going to sleep?

Unweighted base	194	2235	1319	299	43	371	249	610	35
Base	201	2217	1303	288	51	373	255	606	42
No gap – looking at a device is the last thing I do before going to sleep	22%	26%	25%	24%	5%	28%	24%	24%	2%
Up to 10 minutes	18%	19%	21%	16%	7%	21%	26%	18%	-
Up to 30 minutes	23%	24%	24%	23%	7%	22%	27%	25%	2%
Up to an hour	17%	13%	13%	15%	4%	14%	11%	14%	3%
Longer than an hour	11%	12%	12%	15%	-	10%	7%	14%	-
N/A I don't have a mobile phone	6%	2%	1%	4%	-	1%	1%	2%	3%
Don't know	3%	4%	3%	2%	76%	5%	3%	3%	89%

Do you usually take your phone to your bedroom when you go to sleep?

Unweighted base	194	2235	1319	299	43	371	249	610	35
Base	201	2217	1303	288	51	373	255	606	42
I do	66%	76%	75%	62%	16%	80%	80%	72%	9%
I do not	24%	21%	24%	30%	5%	18%	17%	25%	-
N/A I don't have a mobile phone	8%	2%	1%	6%	2%	1%	3%	2%	2%
Don't know	2%	1%	0%	2%	77%	0%	0%	2%	89%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Have been diagnosed with sleep problems		Do you sleep in the same bed as your partner or in separate beds?			Do you let your pets sleep in the same bed as you?			
Yes	No	We sleep in the same bed	We sleep in separate beds	Don't know	I do, often	I do, sometimes	I don't	Don't know

Do you check your phone when you wake up at night (assuming it wasn't the phone or an emergency that woke you up)?

Unweighted base	194	2235	1319	299	43	371	249	610	35
Base	201	2217	1303	288	51	373	255	606	42
I usually do	42%	24%	26%	23%	8%	32%	31%	24%	4%
I usually don't	54%	73%	73%	75%	15%	66%	67%	74%	2%
Don't know	4%	2%	2%	2%	77%	2%	2%	2%	93%

When going to sleep, do you turn all the lights in your room off or do you keep any on?

Unweighted base	194	2235	1319	299	43	371	249	610	35
Base	201	2217	1303	288	51	373	255	606	42
I sleep with all the lights in my room off	70%	93%	94%	82%	13%	92%	83%	89%	7%
I sleep with a (small) light on	18%	5%	4%	12%	11%	6%	14%	7%	3%
I sleep with all the lights in my room on	9%	2%	2%	4%	2%	1%	3%	3%	5%
Don't know	2%	1%	0%	1%	75%	1%	1%	1%	85%

Do you have difficulty falling asleep if there is a light on (say, coming from the outside or a screen)?

Unweighted base	194	2235	1319	299	43	371	249	610	35
Base	201	2217	1303	288	51	373	255	606	42
I do	55%	48%	49%	51%	9%	48%	47%	51%	4%
I do not	39%	46%	46%	44%	9%	47%	47%	43%	4%
Don't know	7%	5%	5%	5%	83%	5%	6%	6%	91%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Have been diagnosed with sleep problems		Do you sleep in the same bed as your partner or in separate beds?			Do you let your pets sleep in the same bed as you?			
Yes	No	We sleep in the same bed	We sleep in separate beds	Don't know	I do, often	I do, sometimes	I don't	Don't know

How often do you listen to music/a podcast/radio when going to sleep?

Unweighted base	194	2235	1319	299	43	371	249	610	35
Base	201	2217	1303	288	51	373	255	606	42
Often	19%	14%	11%	15%	-	19%	14%	13%	-
Sometimes	28%	12%	13%	16%	6%	14%	20%	13%	-
Rarely	21%	18%	19%	15%	-	17%	22%	17%	2%
Never	30%	55%	57%	53%	20%	49%	43%	55%	9%
Don't know	1%	1%	1%	1%	74%	1%	1%	1%	88%

Can you sleep when there is noise in the background, or do you need it to be quiet?

Unweighted base	194	2235	1319	299	43	371	249	610	35
Base	201	2217	1303	288	51	373	255	606	42
I can sleep with almost any noise	13%	11%	12%	10%	2%	12%	14%	11%	-
I can sleep with some noise	49%	59%	58%	53%	11%	63%	62%	56%	7%
I can't sleep with any noise	35%	28%	28%	34%	8%	24%	21%	31%	4%
Don't know	3%	2%	1%	2%	79%	1%	2%	2%	89%

How often do you dream when sleeping?

Unweighted base	194	2235	1319	299	43	371	249	610	35
Base	201	2217	1303	288	51	373	255	606	42
Always	14%	16%	16%	18%	2%	19%	12%	15%	-
Often	50%	51%	54%	50%	18%	52%	58%	50%	9%
Rarely	27%	24%	23%	25%	2%	21%	23%	27%	2%
Never	6%	2%	2%	2%	4%	2%	4%	2%	3%
Don't know	3%	7%	5%	5%	74%	6%	4%	6%	86%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Have been diagnosed with sleep problems		Do you sleep in the same bed as your partner or in separate beds?			Do you let your pets sleep in the same bed as you?			
Yes	No	We sleep in the same bed	We sleep in separate beds	Don't know	I do, often	I do, sometimes	I don't	Don't know

How often do you remember your dreams?

Unweighted base	194	2235	1319	299	43	371	249	610	35
Base	201	2217	1303	288	51	373	255	606	42
Always	8%	3%	3%	4%	3%	5%	3%	3%	3%
Often	43%	42%	45%	46%	12%	48%	48%	42%	2%
Rarely	42%	48%	46%	44%	15%	42%	45%	48%	10%
Never	6%	5%	4%	5%	-	3%	4%	5%	3%
Don't know	1%	2%	2%	1%	71%	2%	1%	2%	82%

Do you dream in colour or black and white?

Unweighted base	194	2235	1319	299	43	371	249	610	35
Base	201	2217	1303	288	51	373	255	606	42
In colour	57%	61%	61%	58%	12%	66%	65%	58%	10%
Black and white	13%	3%	4%	8%	6%	4%	6%	4%	-
I never dream/don't remember my dreams	11%	5%	5%	7%	2%	6%	7%	6%	2%
Don't know	18%	30%	30%	27%	80%	25%	21%	31%	88%

Do you think dreams have a meaning?

Unweighted base	194	2235	1319	299	43	371	249	610	35
Base	201	2217	1303	288	51	373	255	606	42
I think they do	44%	45%	46%	44%	12%	51%	44%	42%	5%
I think they do not	34%	28%	28%	30%	9%	23%	28%	31%	2%
Don't know	22%	28%	26%	26%	79%	25%	29%	27%	92%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Have been diagnosed with sleep problems		Do you sleep in the same bed as your partner or in separate beds?			Do you let your pets sleep in the same bed as you?			
Yes	No	We sleep in the same bed	We sleep in separate beds	Don't know	I do, often	I do, sometimes	I don't	Don't know

Have you ever had a dream about someone or something that changed the way you felt about them or it?

Unweighted base	194	2235	1319	299	43	371	249	610	35
Base	201	2217	1303	288	51	373	255	606	42
I have, it permanently changed how I felt about them or it	15%	5%	4%	8%	-	8%	8%	5%	-
I have, it temporarily changed how I felt about them or it	47%	28%	31%	27%	13%	34%	37%	29%	2%
I have not	30%	58%	56%	56%	8%	48%	49%	57%	2%
Don't know	8%	9%	8%	9%	79%	11%	6%	9%	95%

How often do you wake up in the morning feeling tired?

Unweighted base	194	2235	1319	299	43	371	249	610	35
Base	201	2217	1303	288	51	373	255	606	42
Very often	47%	30%	31%	29%	8%	41%	34%	29%	2%
Fairly often	29%	38%	38%	38%	14%	35%	41%	36%	12%
Not very often	19%	30%	29%	29%	3%	22%	23%	32%	-
Never	2%	2%	2%	3%	-	2%	0%	1%	3%
Don't know	3%	1%	1%	1%	75%	1%	1%	1%	83%

How easy or difficult do you generally find it to get out of bed in the morning, or whenever you need to get up?

Unweighted base	194	2235	1319	299	43	371	249	610	35
Base	201	2217	1303	288	51	373	255	606	42
Very easy	10%	12%	13%	15%	4%	10%	8%	14%	2%
Fairly easy	33%	45%	46%	48%	4%	39%	47%	46%	-
Fairly difficult	36%	28%	29%	23%	14%	31%	31%	28%	7%
Very difficult	18%	13%	11%	15%	-	18%	13%	11%	3%
Don't know	2%	1%	1%	1%	79%	2%	2%	1%	88%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Have been diagnosed with sleep problems		Do you sleep in the same bed as your partner or in separate beds?			Do you let your pets sleep in the same bed as you?			
Yes	No	We sleep in the same bed	We sleep in separate beds	Don't know	I do, often	I do, sometimes	I don't	Don't know

Typically, how many times, if at all, do you tend to hit the snooze button before you get up/wake up?

	Unweighted base	194	2235	1319	299	43	371	249	610	35
Base		201	2217	1303	288	51	373	255	606	42
I do not hit the snooze button		22%	38%	39%	37%	12%	35%	32%	39%	2%
Once		20%	15%	16%	14%	2%	13%	21%	17%	2%
Two times		22%	12%	13%	9%	2%	16%	16%	11%	-
Three times		10%	6%	6%	6%	3%	8%	10%	7%	3%
Four times or more		8%	5%	4%	3%	4%	8%	3%	4%	-
N/A I don't set an alarm		16%	23%	21%	30%	2%	21%	17%	20%	5%
Don't know		3%	1%	1%	1%	76%	1%	2%	1%	87%

When you wake up in the morning, do you get up straight away or spend some time in bed?

	Unweighted base	194	2235	1319	299	43	371	249	610	35
Base		201	2217	1303	288	51	373	255	606	42
I get up straight away		20%	29%	31%	29%	9%	27%	24%	33%	-
I spend up to ten minutes in bed before getting up		36%	37%	38%	41%	4%	38%	40%	35%	2%
I spend up to 20 minutes in bed before getting up		18%	14%	14%	13%	-	16%	18%	14%	2%
I spend up to half an hour in bed before getting up		10%	9%	9%	9%	3%	11%	9%	9%	-
I spend more than half an hour in bed before getting up		11%	8%	6%	8%	8%	7%	7%	7%	6%
Don't know		4%	2%	2%	1%	75%	1%	1%	2%	90%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Do you get enough sleep?		
Enough sleep	Not enough sleep	DK

How important is it to you to get a good night's sleep?

	Enough sleep	Not enough sleep	DK
Unweighted base	1057	1221	234
Base	1034	1234	244
Very important	72%	67%	50%
Somewhat important	26%	28%	31%
Not really important	2%	4%	5%
Not important at all	0%	1%	1%
Don't know	-	1%	13%

When it comes to your sleep, which applies to you more...?

	Enough sleep	Not enough sleep	DK
Unweighted base	1057	1221	234
Base	1034	1234	244
I always find it easy to sleep	13%	3%	4%
I usually find it easy to sleep	51%	15%	22%
I sometimes find it easy to sleep, sometimes find it difficult	29%	39%	39%
I usually find it difficult to sleep	5%	27%	16%
I always find it difficult to sleep	1%	15%	6%
Don't know	-	0%	13%

Do you think your life at the moment would be improved by having more sleep?

	Enough sleep	Not enough sleep	DK
Unweighted base	67	518	55
Base	68	519	55
It would, very much	34%	59%	25%
It would, somewhat	50%	34%	38%
It would not	11%	3%	7%
Don't know	5%	4%	30%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Do you get enough sleep?		
Enough sleep	Not enough sleep	DK

Are you more of an early riser or a night owl?

Unweighted base	1057	1221	234
Base	1034	1234	244
More of an early riser	40%	30%	21%
More of a night owl	40%	49%	42%
Neither	19%	20%	20%
Don't know	1%	1%	17%

If you could eliminate the need for sleep, would you do it?

Unweighted base	1057	1221	234
Base	1034	1234	244
I would	21%	29%	17%
I would not	69%	57%	46%
Don't know	10%	14%	37%

In terms of when you go to bed at night, which applies to you more...?

Unweighted base	1057	1221	234
Base	1034	1234	244
I always go to bed at the same time	10%	7%	4%
I usually go to bed at the same time	71%	59%	52%
I usually go to bed at different times	17%	25%	22%
I always go to bed at different times	2%	8%	6%
Don't know	0%	0%	16%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Do you get enough sleep?		
Enough sleep	Not enough sleep	DK

What time, on average, do you go to bed at night?

	Unweighted base	1057	1221	234
	Base	1034	1234	244
8 PM or earlier		1%	1%	0%
8.30 PM		1%	2%	2%
9 PM		4%	4%	4%
9.30 PM		5%	6%	5%
10 PM		15%	13%	10%
10.30 PM		19%	16%	16%
11 PM		19%	18%	10%
11.30 PM		10%	9%	11%
Around midnight		12%	13%	13%
00.30		4%	4%	5%
1 AM or later		9%	13%	9%
Don't know		1%	2%	15%

How long, on average, does it take you to get to sleep?

	Unweighted base	1057	1221	234
	Base	1034	1234	244
Around 5 minutes		22%	8%	9%
Around 15 minutes		39%	22%	22%
Around 30 minutes		24%	27%	20%
Around 45 minutes		4%	11%	8%
Around an hour		6%	10%	5%
Longer than an hour		3%	15%	11%
Don't know		3%	6%	25%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Do you get enough sleep?		
Enough sleep	Not enough sleep	DK

How many hours of sleep do you get, on average, a night?

Unweighted base	1057	1221	234
Base	1034	1234	244
Three or fewer	0%	2%	-
4	0%	6%	1%
5	2%	16%	6%
6	10%	31%	24%
7	38%	33%	32%
8	37%	7%	12%
9	9%	1%	3%
10 or more	3%	0%	2%
Don't know	0%	2%	19%

Do you think you generally get enough sleep per night?

Unweighted base	1057	1221	234
Base	1034	1234	244
Yes I do	100%	-	-
No I do not	-	100%	-
Don't know	-	-	100%

How often, if ever, do you nap during the day?

Unweighted base	1057	1221	234
Base	1034	1234	244
Very often	4%	6%	3%
Fairly often	12%	18%	15%
Not very often	45%	43%	38%
Never	38%	33%	25%
Don't know	0%	0%	18%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Do you get enough sleep?		
Enough sleep	Not enough sleep	DK

What do you think is the perfect length for a nap?

	Unweighted base	Base	
	659	820	139
	635	819	139
Under 15 minutes	11%	6%	5%
15-20 minutes	23%	16%	16%
21-30 minutes	24%	23%	21%
31 minutes to an hour	21%	26%	21%
Between an hour and an hour and a half	10%	14%	15%
Between an hour and a half and two hours	4%	5%	4%
Two hours or more	0%	2%	2%
Don't know	6%	8%	16%

As far as you know, do you snore?

	Unweighted base	Base	
	1057	1221	234
	1034	1234	244
I do, often	19%	19%	15%
I do, sometimes	46%	45%	37%
I do not	24%	24%	23%
Don't know	11%	12%	25%

What do you usually sleep in?

	Unweighted base	Base	
	1057	1221	234
	1034	1234	244
Pyjamas and underwear	18%	24%	16%
Pyjamas without underwear	27%	25%	19%
Just underwear	19%	22%	18%
Something else	12%	11%	13%
Nothing – I sleep naked	23%	17%	20%
Don't know	0%	1%	15%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Do you get enough sleep?		
Enough sleep	Not enough sleep	DK

Do you sleep with a pillow(s) or without a pillow?

	1057	1221	234
Unweighted base	1057	1221	234
Base	1034	1234	244
I sleep with three pillows or more	7%	9%	6%
I sleep with two pillows	49%	52%	48%
I sleep with one pillow	43%	37%	28%
I sleep without a pillow	1%	1%	3%
Don't know	0%	0%	16%

How often, if at all, do you sleep with the window open when the weather is warm?

	1057	1221	234
Unweighted base	1057	1221	234
Base	1034	1234	244
Very often	44%	41%	36%
Fairly often	24%	28%	21%
Not very often	18%	20%	16%
Never	13%	11%	9%
Don't know	0%	1%	18%

Do you sleep in the same bed as your partner or in separate beds?

	1057	1221	234
Unweighted base	1057	1221	234
Base	1034	1234	244
We sleep in the same bed	55%	52%	41%
We sleep in separate beds	12%	12%	11%
Not applicable	33%	36%	33%
Don't know	1%	1%	16%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Do you get enough sleep?		
Enough sleep	Not enough sleep	DK

Do you sleep in the same bed as your partner or in separate beds?

Unweighted base	720	784	157
Base: Britons in Relationships	690	789	164
We sleep in the same bed	82%	81%	61%
We sleep in separate beds	17%	18%	16%
Don't know	1%	1%	23%

Do you let your pets sleep in the same bed as you?

Unweighted base	1057	1221	234
Base	1034	1234	244
I do, often	14%	16%	11%
I do, sometimes	10%	11%	8%
I don't	25%	24%	20%
Not applicable	51%	49%	46%
Don't know	0%	0%	15%

Do you let your pets sleep in the same bed as you?

Unweighted base	517	627	121
Base: Britons with Pets	511	633	131
I do, often	29%	31%	20%
I do, sometimes	20%	21%	15%
I don't	51%	47%	37%
Don't know	1%	1%	27%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Do you get enough sleep?		
Enough sleep	Not enough sleep	DK

Do you find you sleep better when you sleep alone, or with someone else?

Unweighted base	1057	1221	234
Base	1034	1234	244
Better when I sleep alone	37%	39%	28%
Better when I sleep with someone else	18%	20%	15%
No difference	38%	30%	26%
N/A I've never slept in a bed with someone else	4%	6%	8%
Don't know	3%	5%	23%

Which position do you sleep usually in...?

Unweighted base	1057	1221	234
Base	1034	1234	244
On my back	8%	7%	4%
On my right-hand side	29%	27%	18%
On my left-hand side	23%	24%	23%
On my stomach	7%	9%	6%
Varies	32%	32%	33%
Don't know	1%	1%	16%

How often do you wake up in the night (not including, for example, when a noise wakes you up)?

Unweighted base	1057	1221	234
Base	1034	1234	244
Very often	9%	24%	11%
Fairly often	37%	45%	40%
Not very often	49%	27%	29%
Never	4%	3%	3%
Don't know	1%	1%	18%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Do you get enough sleep?		
Enough sleep	Not enough sleep	DK

Have you ever had the sensation, as you are going to sleep, that you are falling before waking with a start?

Unweighted base	1057	1221	234
Base	1034	1234	244
I have, many times	34%	48%	28%
I have, once or twice	37%	31%	36%
I have not	25%	15%	14%
Don't know	4%	5%	23%

Do you find it difficult to fall asleep in a bed which isn't your own (for example, when you're in a hotel or visiting family)?

Unweighted base	1057	1221	234
Base	1034	1234	244
I do	40%	50%	36%
I do not	56%	42%	37%
Not applicable – I've only slept in my bed	2%	3%	4%
Don't know	2%	5%	24%

Do you rock yourself to sleep?

Unweighted base	1057	1221	234
Base	1034	1234	244
I do	2%	3%	2%
I don't	96%	93%	78%
Don't know	2%	3%	20%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Do you get enough sleep?		
Enough sleep	Not enough sleep	DK

What is the longest you have ever gone without sleep?

	1057	1221	234
Unweighted base	1057	1221	234
Base	1034	1234	244
24 hours or fewer	38%	29%	29%
Over 24 hours	27%	26%	17%
Over 30 hours	7%	11%	8%
Over 36 hours	11%	14%	11%
Over 48 hours	6%	9%	7%
Over 54 hours	2%	4%	3%
Don't know	9%	8%	25%

How often, if at all, do you have a problem falling asleep?

	1057	1221	234
Unweighted base	1057	1221	234
Base	1034	1234	244
Every night	3%	20%	9%
A few nights a week	10%	30%	20%
Once or twice a week	13%	16%	14%
A few times a month	18%	14%	16%
Once or twice a month	16%	6%	9%
Less than once a month	26%	9%	9%
Never	14%	3%	4%
Don't know	1%	2%	19%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Do you get enough sleep?		
Enough sleep	Not enough sleep	DK

Have you ever been diagnosed with any of the following?

	Unweighted base	1057	1221	234
	Base	1034	1234	244
Insomnia (difficulty sleeping or with staying asleep)		4%	7%	3%
Narcolepsy (suddenly falling asleep at random times)		1%	1%	2%
Sleep deprivation		2%	3%	3%
None of these		93%	87%	74%
Don't know		1%	3%	19%

Have you ever experienced sleep paralysis (a feeling of being conscious but unable to move)?

	Unweighted base	1057	1221	234
	Base	1034	1234	244
I have		20%	25%	17%
I have not		76%	68%	54%
Don't know		4%	7%	28%

Do you ever take any sleeping tablets or any other substances that help you go to sleep?

	Unweighted base	1057	1221	234
	Base	1034	1234	244
I do, often		3%	6%	3%
I do, sometimes		7%	11%	6%
I do, rarely		10%	12%	12%
I do not		80%	71%	63%
Don't know		1%	1%	16%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Do you get enough sleep?		
Enough sleep	Not enough sleep	DK

How often do you have an alcoholic drink (a nightcap) in order to help you sleep?

	Enough sleep	Not enough sleep	DK
Unweighted base	1057	1221	234
Base	1034	1234	244
Always	2%	2%	2%
Often	5%	4%	4%
Sometimes	10%	11%	13%
Rarely	17%	21%	15%
Never	65%	61%	51%
Don't know	0%	0%	16%

How often do look at each of the following within an hour of going to bed?

Phone/tablet

	Enough sleep	Not enough sleep	DK
Unweighted base	1057	1221	234
Base	1034	1234	244
I usually do	58%	64%	52%
I occasionally do	15%	16%	16%
I rarely do	11%	9%	12%
I never do	16%	10%	9%
Don't know	1%	1%	11%

Computer screen

	Enough sleep	Not enough sleep	DK
Unweighted base	1057	1221	234
Base	1034	1234	244
I usually do	15%	17%	13%
I occasionally do	14%	18%	17%
I rarely do	24%	22%	22%
I never do	47%	42%	36%
Don't know	1%	1%	11%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Do you get enough sleep?		
Enough sleep	Not enough sleep	DK

Television

	1057	1221	234
Unweighted base	1057	1221	234
Base	1034	1234	244
I usually do	51%	51%	39%
I occasionally do	19%	21%	20%
I rarely do	11%	12%	13%
I never do	19%	15%	17%
Don't know	0%	1%	11%

How big is the gap, on average, between looking at your mobile phone, and going to sleep?

	1057	1221	234
Unweighted base	1057	1221	234
Base	1034	1234	244
No gap – looking at a device is the last thing I do before going to sleep	25%	26%	19%
Up to 10 minutes	20%	20%	11%
Up to 30 minutes	22%	24%	22%
Up to an hour	15%	12%	12%
Longer than an hour	13%	11%	10%
N/A I don't have a mobile phone	3%	2%	2%
Don't know	2%	4%	23%

Do you usually take your phone to your bedroom when you go to sleep?

	1057	1221	234
Unweighted base	1057	1221	234
Base	1034	1234	244
I do	72%	78%	63%
I do not	25%	19%	15%
N/A I don't have a mobile phone	3%	2%	2%
Don't know	0%	1%	19%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Do you get enough sleep?		
Enough sleep	Not enough sleep	DK

Do you check your phone when you wake up at night (assuming it wasn't the phone or an emergency that woke you up)?

Unweighted base	1057	1221	234
Base	1034	1234	244
I usually do	20%	32%	19%
I usually don't	78%	66%	62%
Don't know	2%	2%	19%

When going to sleep, do you turn all the lights in your room off or do you keep any on?

Unweighted base	1057	1221	234
Base	1034	1234	244
I sleep with all the lights in my room off	92%	90%	71%
I sleep with a (small) light on	5%	7%	7%
I sleep with all the lights in my room on	2%	2%	5%
Don't know	1%	1%	16%

Do you have difficulty falling asleep if there is a light on (say, coming from the outside or a screen)?

Unweighted base	1057	1221	234
Base	1034	1234	244
I do	45%	52%	40%
I do not	50%	42%	36%
Don't know	5%	6%	24%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Do you get enough sleep?		
Enough sleep	Not enough sleep	DK

How often do you listen to music/a podcast/radio when going to sleep?

	1057	1221	234
Unweighted base	1057	1221	234
Base	1034	1234	244
Often	13%	15%	10%
Sometimes	12%	15%	14%
Rarely	16%	20%	19%
Never	58%	49%	40%
Don't know	1%	1%	17%

Can you sleep when there is noise in the background, or do you need it to be quiet?

	1057	1221	234
Unweighted base	1057	1221	234
Base	1034	1234	244
I can sleep with almost any noise	14%	9%	8%
I can sleep with some noise	60%	57%	47%
I can't sleep with any noise	25%	32%	24%
Don't know	1%	2%	22%

How often do you dream when sleeping?

	1057	1221	234
Unweighted base	1057	1221	234
Base	1034	1234	244
Always	18%	16%	8%
Often	51%	49%	45%
Rarely	23%	25%	21%
Never	2%	3%	3%
Don't know	7%	7%	23%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Do you get enough sleep?		
Enough sleep	Not enough sleep	DK

How often do you remember your dreams?

	Enough sleep	Not enough sleep	DK
Unweighted base	1057	1221	234
Base	1034	1234	244
Always	4%	3%	1%
Often	44%	42%	28%
Rarely	47%	46%	48%
Never	3%	5%	6%
Don't know	1%	2%	17%

Do you dream in colour or black and white?

	Enough sleep	Not enough sleep	DK
Unweighted base	1057	1221	234
Base	1034	1234	244
In colour	61%	62%	42%
Black and white	5%	4%	2%
I never dream/don't remember my dreams	4%	6%	9%
Don't know	30%	28%	47%

Do you think dreams have a meaning?

	Enough sleep	Not enough sleep	DK
Unweighted base	1057	1221	234
Base	1034	1234	244
I think they do	44%	46%	32%
I think they do not	30%	28%	17%
Don't know	26%	26%	50%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Do you get enough sleep?		
Enough sleep	Not enough sleep	DK

Have you ever had a dream about someone or something that changed the way you felt about them or it?

Unweighted base	1057	1221	234
Base	1034	1234	244
I have, it permanently changed how I felt about them or it	5%	5%	4%
I have, it temporarily changed how I felt about them or it	25%	35%	19%
I have not	62%	50%	44%
Don't know	7%	9%	33%

How often do you wake up in the morning feeling tired?

Unweighted base	1057	1221	234
Base	1034	1234	244
Very often	12%	48%	24%
Fairly often	33%	41%	36%
Not very often	51%	11%	19%
Never	3%	0%	1%
Don't know	1%	1%	20%

How easy or difficult do you generally find it to get out of bed in the morning, or whenever you need to get up?

Unweighted base	1057	1221	234
Base	1034	1234	244
Very easy	18%	8%	7%
Fairly easy	53%	36%	36%
Fairly difficult	22%	35%	25%
Very difficult	7%	20%	11%
Don't know	1%	2%	20%

YouGov Results

Sample: 2,512 GB adults

Fieldwork Dates: 1st - 5th February 2022



Do you get enough sleep?		
Enough sleep	Not enough sleep	DK

Typically, how many times, if at all, do you tend to hit the snooze button before you get up/wake up?

Unweighted base	1057	1221	234
Base	1034	1234	244
I do not hit the snooze button	41%	34%	23%
Once	15%	15%	12%
Two times	11%	14%	9%
Three times	4%	9%	9%
Four times or more	4%	6%	7%
N/A I don't set an alarm	24%	20%	22%
Don't know	1%	1%	18%

When you wake up in the morning, do you get up straight away or spend some time in bed?

Unweighted base	1057	1221	234
Base	1034	1234	244
I get up straight away	31%	27%	17%
I spend up to ten minutes in bed before getting up	39%	36%	29%
I spend up to 20 minutes in bed before getting up	14%	15%	11%
I spend up to half an hour in bed before getting up	7%	11%	11%
I spend more than half an hour in bed before getting up	7%	9%	11%
Don't know	1%	2%	21%