

# Chasing sleep: in pursuit of better sleep health



## Aware, but still awake

Awareness of sleep's impact on overall health is rising, but Singaporeans are still chasing the elusive concept of good sleep.

73%

of Singaporeans say sleep impacts overall health, but **only 6% say they sleep extremely well.**



65%

of Singaporeans say their sleep is **negatively impacted by one or more health or lifestyle conditions.**

## Move beyond quick fixes: stop chasing sleep & start catching quality Zs



Despite **81% of Singaporeans** wanting to improve their sleep, a majority **are seeking simple strategies** rather than a medical professional or treatment.

25% Reducing caffeine consumption

34% Watching TV

28% Implementing a set bedtime/wake time

19% Playing soothing music

12% Sleeping in a different location from their partner

**Only 35-41%** of Singaporeans are willing to consult a medical professional to improve their sleep. Instead, most use online information sources.

## Impacts of sleepless nights

The **top health or lifestyle conditions that impact Singaporeans' sleep** are insomnia, snoring, stress and sleep environment.



**Sleep issues** negatively impact quality of life.

Report says:



**3 in 5** wake up at least once during the night



**3 in 5** experience daytime sleepiness at least 2X per week



**2 in 5** regularly fall asleep somewhere other than their own bed



**1 in 7** at least occasionally do not sleep with their partner due to his/her snoring

85%

of Singaporeans with sleep apnea reported having **never used or no longer using therapy to treat their disease.**



For expert tips on ways to improve sleep, click **here**. To see more findings from this year's World Sleep Day survey, please visit: **Philips.com/WorldSleepDay**.

The above statistics are for Singapore only. The global survey was conducted online by KJT Group on behalf of Philips from January 9-28, 2019 among 11,006 adults ages 18 and older in 12 countries (Australia: n=750; Brazil: n=1,001; Canada: n=750; China: n=1,001; France: n=1,000; Germany: n=1,003; India: n=1,000; Japan: n=1,000; Netherlands: n=750; Singapore: 750; South Korea: n=1,000 and the U.S.: n=1,000). The survey was web-based and self-administered in the primary language(s) of each country. These were non-probability samples and thus a margin of error cannot be accurately estimated. For complete survey methodology, including weighting variables, please contact Meredith Amoroso at [meredith.amoroso@philips.com](mailto:meredith.amoroso@philips.com).