

How the world sleeps



Nearly **8,000 people in 10 countries**

participated in Philips global sleep survey, offering insights into how sleep differs around the world.



U.S.

Most likely to take a
17% prescription drug
17% OTC sleep aid



U.K.

Most impacted by bed partner's sleep habits (such as snoring)
22%



Netherlands

Most time between last meal and bedtime
82% three or more hours



Brazil

Least time between last meal and bedtime
40% less than two hours



Germany

Least distracted by TV or technology at bedtime
9%



France

Largest bedrooms
36% described bedroom as "large"



South Korea

Most likely to sleep on the floor
30%
Most stressed
61% somewhat or very stressed



China

Most frequent nappers
14% take five or more naps a week
Work the most
40.1 hrs/wk



Japan

Night owls (go to bed at 1am or later)
16% during the week
25% on the weekend



Australia

Early birds (people up before 5am)
12% during the week
7% on the weekend



No matter where you fall on the sleep map, it's important to understand your personal risk of developing a sleep disorder, including obstructive sleep apnea (OSA).

Worldwide, it's estimated that

100 million people

have OSA, but some 80% go undiagnosed.*

*[http:// www.stopbang.ca/osa.php](http://www.stopbang.ca/osa.php)



To take our online OSA risk assessment to see if you should schedule a consultation with your doctor, visit www.sleepapnea.com