

Survey on Sleep

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15 August 2007 - Ipsos MORI and Ben Schott of 'Schott's Almanac' have teamed up to explore the British public's attitudes towards sleep. Topline Results

- Ipsos MORI interviewed a representative quota sample of 1,005 adults in Great Britain aged 16+
- Interviews were conducted by telephone between 3rd and 5th August 2007
- Data are weighted to match the profile of the population
- Where percentages do not sum to 100, this may be due to computer rounding, the exclusion of "don't know" categories, or multiple answers. Throughout the volume, an asterisk (*) denotes any value of less than half a per cent
- Unless otherwise stated, results are based on all respondents (1,005) Â

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Q1 What time do you usually wake up on a typical â€??

- weekday? (a day where you have to work or have tasks to accomplish)

- weekend? (a day where you do not have to work or have tasks to accomplish) Â Q1a: WeekdayQ1b:

WeekendÂ %Before 5am63Between 5am and 6am1910Between 6am and 7am3721Between 7am and

8am2523Between 8am and 9am721Between 9am and 10am311After 10am39Don't know11Refused00Â Before

7am6234Between 7 and 9am3244After 9am620Q2 What time do you usually go to sleep on a typical â€??

- weekday? (a day where you have to work the following day or have tasks to accomplish the following day)

- weekend? (a day where you do not have to work the following day or have tasks to accomplish the following day) Â Q2a:

WeekdayQ2b: WeekendÂ %Before 9pm11Between 9pm and 10pm63Between 10pm and 11pm3620Between 11pm and

12am3634After midnight2040Don't know22Refused00Â Before 11pm4324After 11pm5674Q3 In general, do you think that

you get â€?Â %Too much sleep3About the right amount of sleep, or60Not enough sleep36Don't know1Q4 Do you think you

sleep more or less than most people, or about the same?Â %More14Less28About the same52Don't know6Q5 How often,

if at all, do you set an alarm (on weekdays / workdays)?Â %Always42Usually13Sometimes9Rarely11Never24Refused0At

least sometimes64Rarely or never35Q6 How often, if at all, do you use the "snooze" button when your alarm goes off?

Base: All who ever set an alarm (750)Â %Always26Usually5Sometimes7Rarely8Never53Don't know1Refused0At least

sometimes38Rarely or never61Q7 How often, if at all, do you sleep through your alarm?

Base: All who ever set an alarm (750)Â %Always2Usually2Sometimes7Rarely22Never67Don't know*Refused0At least

sometimes11Rarely or never89Q8 Do you live with a wife, husband or partner?Â %Yes56No44Refused*Q9 How often, if

at all, do you and your wife / husband / partner share the same bed?

Base: All who live with a wife / husband or partner (563)Â %Always86Usually5Sometimes2Rarely2Never3Don't

know*Refused*At least sometimes93Rarely or never5Q10 How often, if at all, do you and your wife / husband / partner

disagree about when to go to sleep or wake up?

Base: All who live with a wife / husband or partner (563)Â %Always5Usually1Sometimes10Rarely17Never66Don't

know1Refused*At least sometimes16Rarely or never83Q11-14 And how often, if at all â€?

Base: All who live with a wife / husband or partner (563)Â AlwaysUsuallySometimesRarelyNeverDon't know /

RefusedÂ %%%%%â€? does your wife / husband / partner snore?17122717262â€? are you woken by your wife / husband /

partner during the night?582629320â€? does your wife / husband / partner talk in their sleep?211319604â€? does your wife /

husband / partner sleepwalk?*12961Q15 When you are lying in bed, do you usually sleep on the right side, left side or

middle of the bed, or do you have no preference?Â %Right side36Left side32Middle7Do not have a preference22It

depends/varies2Don't know1Refused*Q16 How often, if at all, do you wake up and remember dreaming the previous

night?Â %Always9Usually15Sometimes31Rarely27Never16Don't know1Refused*At least sometimes55Rarely or

never43Q17 Do you keep a record or diary of your dreams?

Base: All who ever dream (838)Â %Yes2No98Refused0Q18 How often, if at all, do you pray before going to sleep?

Â %Always12Usually5Sometimes10Rarely9Never64Refused*At least sometimes27Rarely or never73Q19 Do you usually

sleep with some clothing / garments on, or in the nude?Â %Some clothing (includes pyjamas, nightshirts, nightgowns, t-

shirts, undergarments, etc)72Nothing (sleep nude)27Refused2Q20 Do you usually take a stuffed toy or other comforter

to bed?Â %Yes6No94Refused*Q21 What position do you usually go to sleep in? (I am just interested in the position in

which you fall asleep; it does not matter if you change positions as you sleep).Â %On my front10On my back13On my left

side / foetal position26On my right side / foetal position30It depends / varies 20Don't know1Refused*