

HOW THE WORLD SLEEPS

Sleeping satisfaction, patterns and times vary greatly from country to country, but the one thing that's consistent is that, on average, people worldwide don't get enough.

AVERAGE TIME ASLEEP

Amount of adults asleep by country

6.8 hours

Actual



7.8 hours

Recommended



8 hours

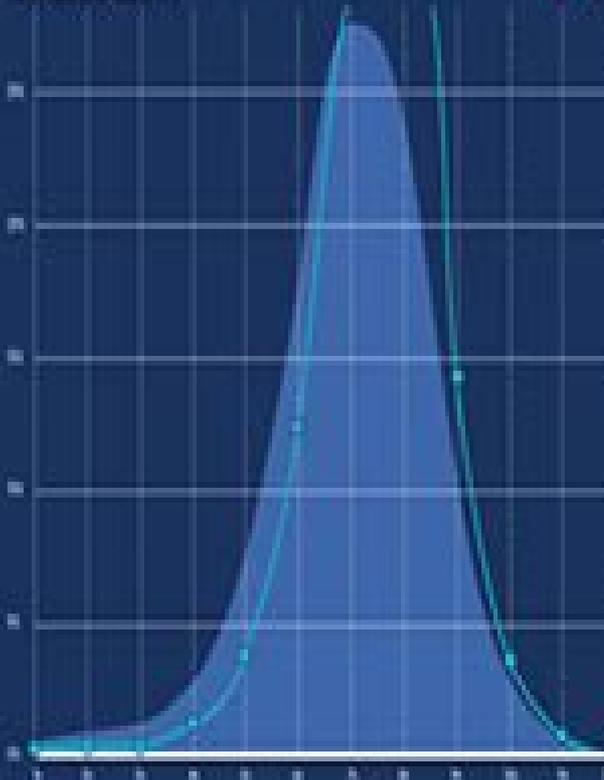
Recommended



Source

HOW MANY HOURS THE GLOBAL POPULATION SLEEPS

Percentage of population who get less than the recommended amount of sleep each day



Source: Sleep Foundation, 2014



80% of global adults want to improve the quality of their sleep



67% typically wake up at least once during the night



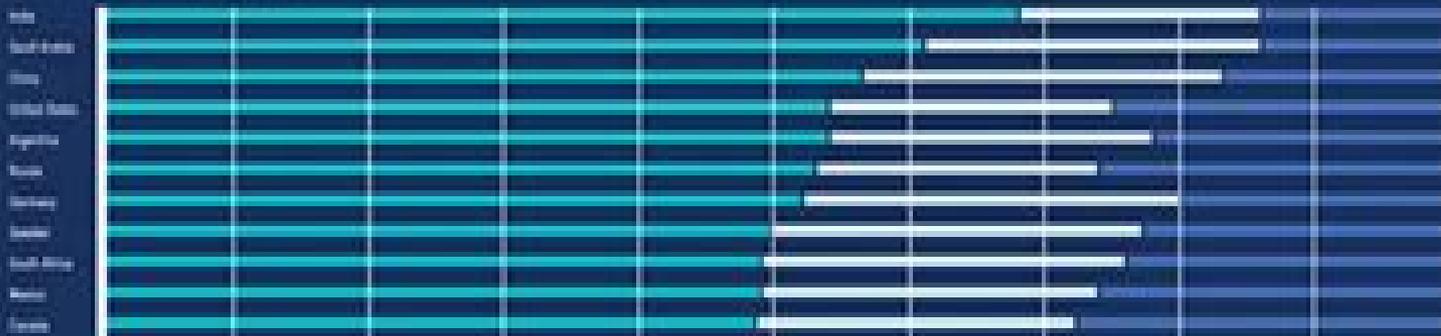
63% sleep longer on the weekends to catch up on sleep



49% don't get enough sleep each day

MOST RESTFUL POPULATIONS

Percentage of adults who feel they get enough sleep



Source: Sleep Foundation, 2014

When The World Sleeps

Puja Mehta



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