

**DISCOVER YOUR**

# **SLEEP SUPER POWERS**



# TABLE OF CONTENTS



<b>HOW DOES THE WORLD SLEEP?</b>	<b>4</b>
<b>WHICH COUNTRY NEEDS MORE SLEEP?</b>	<b>6</b>
<b>WHAT IS KEEPING US UP AT NIGHT?</b>	<b>8</b>
<b>OUR QUEST TO FALL AND STAY ASLEEP</b>	<b>10</b>
<b>HOW WOMEN ARE SLEEPING</b>	<b>11</b>
<b>SLEEP APNEA AWARENESS &amp; DIAGNOSIS</b>	<b>12</b>
<b>THE SEARCH FOR BETTER SLEEP</b>	<b>14</b>
<b>APPENDIX</b>	<b>16</b>

# HOW DOES THE WORLD SLEEP?



# QUALITY SLEEP CAN OFFER MANY BENEFITS ACROSS ALL ASPECTS OF OUR LIVES.

Whether it's at work, at home or in the activities we do on the weekend, a restful night's sleep has the power to turn any mere mortal into a fully-fledged sleep superhero, someone who is ready to take on whatever the day throws their way.

As part of our global survey, 36,000 individuals across 17 different countries\* shared the benefits they experience from a good night's sleep:



**FINISH HOUSEHOLD PROJECTS (43%)**



**FIND TIME AND ENERGY TO EXERCISE (45%)**



**BE MORE PRODUCTIVE AT WORK (60%)**

60% improvement in productivity was identified as one of the key benefits of being well-rested, according to sleepers in the following countries:

**Thailand (88%)**

**Brazil (78%)**

**Mexico (77%)**

**Mainland China (64%)**

However, despite its proven benefits, a lack of sleep is wreaking havoc amongst a significant portion of the global population, with nearly 4 in 10 individuals experiencing less than three nights of quality sleep per week.

So, what is keeping us up at night? Does sleep come easier for those in some countries versus others? Who is sleeping better – men or women?

Read on to learn more about how the world is sleeping and what you can do to discover your sleep superpowers.



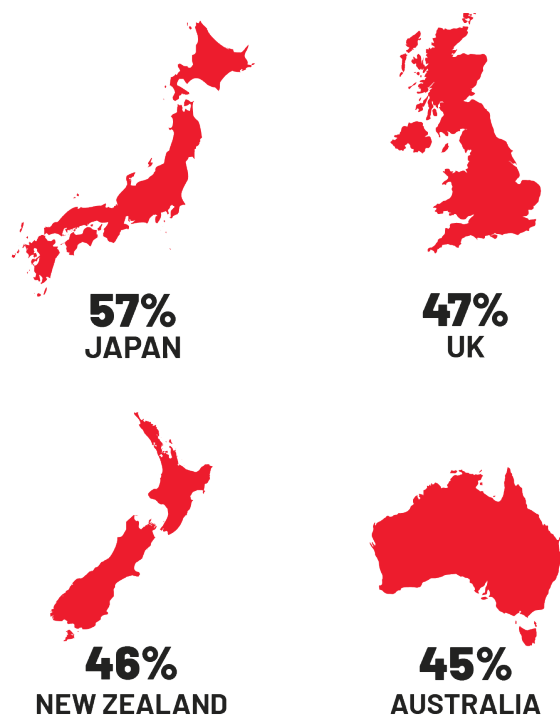
# WHICH COUNTRY NEEDS MORE SLEEP?



It is recommended we have seven to nine hours of sleep every night\* but life happens, and so does a lack of sleep.

After a long night of tossing and turning, 50% of respondents have experienced daytime fatigue, with another 40% starting the day feeling less than heroic waking up feeling grumpy and 39% feeling more irritable.

As revealed in the sleep survey, consistent good sleep is still a struggle for some individuals with respondents in the following countries experiencing three or fewer nights of good sleep each week:



Japan takes the unfortunate title of the most sleep-deprived nation, with more than a fifth of the respondents in the country reporting just one or two good nights of sleep each week.

However, on the flip side, India emerged as a sleep haven, with 27% claiming they sleep well every night, with Thailand not far behind with 18% of respondents getting seven good nights of sleep each week.

## SLEEP NUGGET

### The Third Pillar of Health is Sleep

Along with a balanced diet and regular exercise, sleep is considered one of the three pillars of health, with respondents reporting that consistent good night's rest has unlocked the sleep superpowers of:



**IMPROVED  
CONCENTRATION**



**INCREASED  
PRODUCTIVITY**



**FEELING  
MORE POSITIVE**

Outside of these three sleep superpowers, physical well-being was also cited as a benefit of good sleep by 89% of respondents. In contrast, 83% agreed that good sleep is connected to thinking more creatively.

# WHAT IS KEEPING US UP AT NIGHT?





Despite knowing all the benefits a good night's sleep can bring, 14 out of the 17 countries surveyed get less than the recommended hours of nightly sleep, let alone quality, undisturbed rest.

Globally, individuals are facing disruptions in their sleep patterns, with personal anxiety affecting 42% of respondents, followed by work-related stress at 27%, and financial pressures at 25%.

Anxiety disrupts sleep disproportionately for respondents in:

<b>MOST</b>	<b>LEAST</b>
Brazil (60%) and Mainland China (52%)	Germany (16%) and Korea (25%)

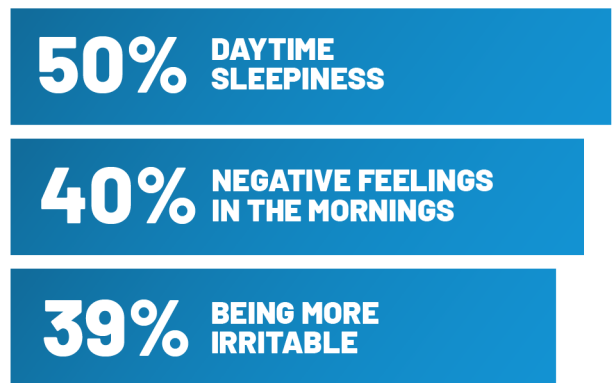
Work-related stress is most disruptive to those in:

<b>MOST</b>	<b>LEAST</b>
Mainland China (43%) and India (42%)	The UK and USA (both 17%)

Financial pressures wreak the most havoc on sleep for those in:

<b>MOST</b>	<b>LEAST</b>
Brazil (39%) and USA (33%)	Korea (13%) and Japan (14%).

Respondents who reported disrupted sleep patterns are waking up feeling these villainous side effects:

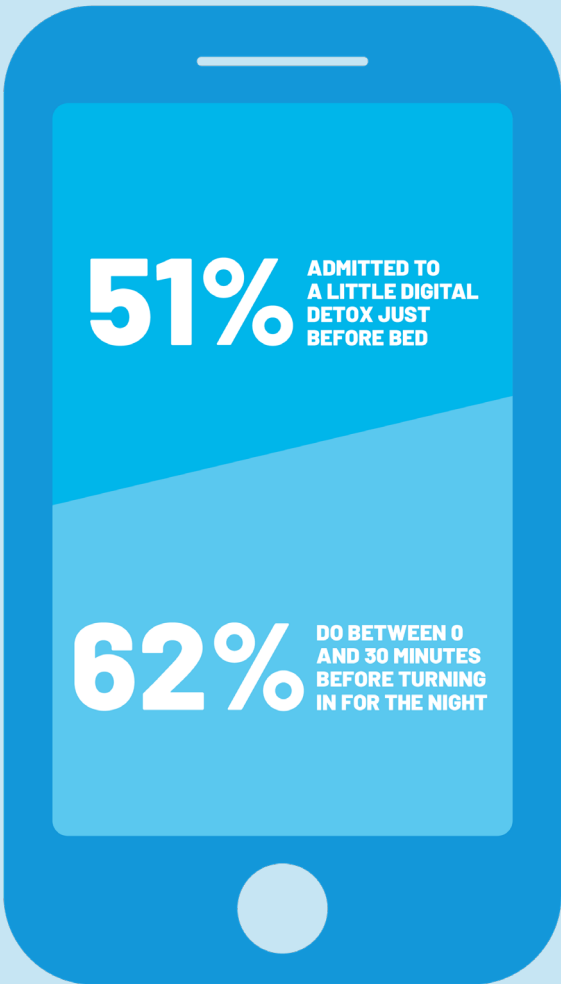


# SLEEP NUGGET

## The Battle of Sleep vs. Screen

We are also more switched on than ever, especially at night, with more than half of respondents using a digital device as part of their bedtime routine before going to sleep.

## Digital Device Time Before Bed



# OUR QUEST TO FALL AND STAY ASLEEP

**An enviable 25% of individuals surveyed can simply close their eyes and drift off into an uninterrupted state of sleep throughout the night.**

The countries most likely to fall and stay asleep:



**42%**  
INDIA



**41%**  
THAILAND

By contrast, the three countries where sleep appears to be most disrupted:



**44%** UK



**42%** FRANCE



**42%** JAPAN

Respondents in all 3 countries said it was unusual for them to stay asleep without being woken up.

Across the 14 out of the 17 countries surveyed, an unsettling 14% of respondents admitted that disrupted sleep has plagued their lives for as long as they can remember, casting a shadow over their nights and leaving them longing for restful sleep.



# HOW WOMEN ARE SLEEPING

Research presented at Davos 2024 by the McKinsey Health Institute and the World Economic Forum\*, showed the gaps in women's health could reduce the time women spend in poor health by almost two-thirds.

This has the potential to transform the lives of 3.9 billion women globally and add an average of seven days of healthy living to their lives every year. Over a lifetime, this could amount to more than 500 days filled with vitality and well-being.

So, what if unlocking the superpowers of restful sleep could help women live healthier, higher-quality lives as well?

From the 18,389 women who answered our survey, 39% experience menopause/perimenopause\*, and for them the symptoms that come with it are getting in the way of quality sleep.

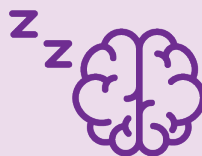
## 56%

experience **disturbed or broken sleep**, including 75% of female respondents in Ireland and Australia, and 73% in New Zealand and the UK



## 56%

report a **lower quality of sleep**, including 67% of women in Taiwan, 65% in Hong Kong SAR, 37% in France, and 42% in Japan



## 48%

have **night sweats or hot flushes**, including 68% of women in Australia, 64% in the USA, 63% in the UK, 27% in Japan, and 31% in both Korea and Thailand



Sleep apnea, a chronic respiratory condition that interrupts breathing during sleep, was reported by 25% of perimenopausal women in the study. This was particularly prevalent in women from India (39%), Mainland China (36%), and Hong Kong SAR (32%).

But more about sleep apnea on the next page.

# SLEEP APNEA AWARENESS & DIAGNOSIS

**Did you know that one of the most common sleep disorders is also the most undiagnosed one?**

Sleep apnea affects 1 in 3 people, with a staggering 80% of the population remaining undiagnosed\*.

It is estimated that 936 million people around the world have obstructive sleep apnea\*\*, a chronic disease in which throat muscles relax during sleep, constricting airflow. As a result, the body jolts to awaken and take a breath, causing many to experience sleep interruptions in the night.

In the 17 countries surveyed, 57% of respondents were aware of sleep apnea, though its awareness varies throughout the world.

## Awareness of Sleep Apnea by Country



**78%**  
JAPAN



**75%**  
KOREA



**73%**  
USA



**40%**  
MAINLAND  
CHINA



**38%**  
MEXICO



**37%**  
HONG KONG  
SAR

From our survey sample, approximately a quarter of respondents have a diagnosis of sleep apnea, meaning just under three quarters have no such diagnosis.



**DIAGNOSED WITH  
SLEEP APNEA (26%)**



**NO DIAGNOSIS OF  
SLEEP APNEA (74%)**

While snoring is the most common symptom of sleep apnea, awareness levels regarding both the symptoms associated with sleep apnea and the condition itself are only at 54%.

Across different countries there are notable variations in awareness levels:

HIGHEST AWARENESS	LOWEST AWARENESS
69% India	41% Japan
66% Thailand	41% UK
60% USA	44% Germany

## Top Five Countries with a Sleep Apnea Diagnosis

**46%**  
INDIA

**36%**  
MAINLAND CHINA

**31%**  
HONG KONG SAR

**27%**  
BRAZIL

**27%**  
TAIWAN (REGION)

## SLEEP NUGGET

### Global Insights into Mild Obstructive Sleep Apnea in Females

Research presented at Associated Professional Sleep Societies' Sleep 2023 Conference, showed that more than 202 million (13.4%) females globally ages 30-70 have mild Obstructive Sleep Apnea.

**Females often present with different symptoms than males (e.g. fatigue, insomnia, anxiety, depression) and as a group have less severe sleep apnea\*\*\*.**

\*Young T et al. Sleep 1997

\*\*Benjafield AV et al. Lancet Resp Med 2019

\*\*\*5 Wimms, A. et al, Sleep 2023

# THE SEARCH FOR BETTER SLEEP

**The search, the hunt, the mission, however you want to call it, individuals around the world are more determined than ever to get a better night's sleep, with many packing their bags and stamping their passports for a sleep holiday.**

Sleep tourism is a growing industry, with 19% of respondents having already travelled for a restful holiday with an additional 8% considering it.

This desire to improve sleep has also transcended into gadgets that analyse rest, with 36% of respondents already tracking their sleep with apps or devices.

Of those who do track their sleep, about a third do so either "every night" (36%) or "most nights" (31%) highlighting a strong commitment to enhancing their nightly rest.

## How Countries Track Their Sleep

MOST LIKELY	LEAST LIKELY
India (68%)	Japan (9%)
Thailand (68%)	France (19%)
Mainland China (52%)	The UK (20%)
	The USA (21%)

Trust in online media is highest in Hong Kong (65%), Mainland China (64%), and Singapore (59%) but lowest in France (21%), Japan (29%), Brazil and Germany (both 30%). Although trust in social media is generally low across the world – particularly in France (it's a source of truth for just 6% of our French sample), Germany (7%), and the UK (8%) – it is most trusted in Mainland China (by as many as 35% of the population).

For those utilizing sleep trackers, many corrected their bedtime routine to ensure a more restful sleep, these changes were:



**CHANGING WHAT THEY WEAR TO BED**



**MEDITATING AND/OR BREATHING**



**AVOIDING CAFFEINE BEFORE BED**

Worryingly, many respondents are still not placing their trust in medical professionals in their quest for slumber.

The two most trusted sources of information on sleep health are from physicians (75%) and online research (46%), yet almost seven in ten of our global sample said that, when experiencing symptoms of a bad night's sleep, they were either "very likely" (29%) or "quite likely" (40%) to research information on their own.

Encouragingly, 38% of respondents have consulted a medical professional about sleep difficulties, forming three groups:

**10%**

those tested and diagnosed  
with a sleep disorder

**10%**

those tested but not  
yet diagnosed

**18%**

those untested

Of those tested and diagnosed with a sleeping disorder – which represents just 7% of our total sample – half have started (or were set to start) the treatment recommended by their physician.

Of those not following their physicians' advice, almost a quarter (22%) began the recommended treatment but did not continue with it, while others decided to try their methods to combat sleep difficulties (12%).

Notably, 59% under medical supervision brought up the fact that they were experiencing sleep problems themselves. The role of a supportive (and often long-suffering) bed partner/family member/sidekick also matters, with 13% saying it was another household member who encouraged them to discuss their sleep difficulties, while for just over a fifth (21%), their doctor asked them about their sleep, triggering a discussion and an intervention.

## SLEEP NUGGET

### We're Moving Away from Traditional Relaxation.

There is a decline in the traditional relaxing activities we do before bedtime, with our study finding that:

**22%** CHOOSING TO HAVE  
A BATH

**18%** SPENDING TIME WITH A  
PET OR LOVED ONE

**7%** SELF-CARE  
ROUTINES

**6%** JOURNALING

Just 10% are regularly taking a sleeping medication or using a sleeping aid to get to sleep.



# APPENDIX

## About this Research Report

ResMed's 2024 Sleep Survey – "The Global Sleep Crisis" aims to provide a comprehensive and wide-ranging snapshot of how people around the world\* sleep today. This is the fourth year that we have run this survey, and the 2024 poll is the biggest and most ambitious of its kind.

With nationally representative samples from 17 different countries – and a total of 36,000 respondents – the ResMed Sleep Survey showcases how much (or rather how little) sleep people are getting. It considers both quality and quantity of sleep and respondent's satisfaction with both, what stops respondents from sleeping, and the consequences of both a good and a bad night's sleep.

This report looks at what people do – particularly with digital devices – in the run-up to bedtime, as well as the impact of sleep tracking. And it focuses on where people look for trusted advice on better sleep, as well as providing a deep dive into one of the major causes of poor and disrupted sleep, the condition of sleep apnea.

We are publishing the results of this survey in March 2024 to mark this year's World Sleep Day. This report is an integral, evidence-based pillar of a major campaign designed to highlight the often-hidden costs of poor sleep.

By contrast, the benefits of restful slumber on physical well-being, mental health, and emotional harmony are well-documented. Prioritising sleep as a cornerstone of a healthy and satisfying life has positive consequences at work, at home, and at play.

ResMed's campaign is designed to help people around the world rediscover their sleep superpowers and unlock their full potential.







## Sample Characteristics – Gender, Country, Age Group

This year's survey is the most comprehensive – asking more questions of more respondents in more countries than ever before.

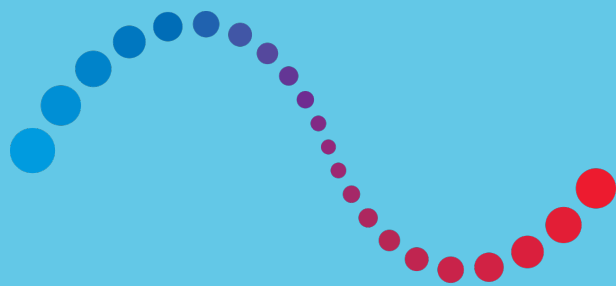
A total of 36,000 people were interviewed for the 2024 survey, with nationally representative samples from 17 different countries. 51% of the sample identify as male, 48% as female, and less than one percent as other. The fieldwork took place between the 11th Dec 2023 – 2nd Jan 2024.

The average age of the total sample is a little under 44 years, with a representative sample of age groups interviewed in each country. The USA sample is a little older than the overall sample (48 years on average, 23% aged 65+ and just 11% in the 18-24 age-group), as is the Japanese sample (50 years on average, 27% aged 65+ and just 8% in the 18-24 age group). Meanwhile, the Indian sample is a little younger (37 years on average, 22% aged 18-24 and just 5% aged 65+).

But overall, we are confident that each country's sample is nationally representative and well-balanced across the different age groups. Two possible exceptions to this are India and Mainland China where, although we have every reason to believe that the large (5,000-person samples in each country) are representative of those accessible via online polling methods, they may not – in fact – be entirely nationally representative.

Our suspicions were raised by the relatively high incidence of sleep apnea reported by the samples from both nations – 46% of our sample in India reported a formal diagnosis and 36% from Mainland China. We believe that these high figures may be a result of better access to urbanised and digitised middle-class populations and a consequent under-representation of rural, pre-digital, working class populations.

Do you struggle with sleep apnea or want to discover your own sleep superpowers? Book your free sleep assessment at: **[resmed.com/sleeppowers](https://resmed.com/sleeppowers)**



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