

The Sealy Sleep Census

A Summary Report

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The Sealy Sleep Census was an online survey conducted in 5 countries (UK, Australia, South Africa, China and South Korea) between July - September 2016. The online survey included questions on general health, sleep habits, sleep quality and insomnia symptoms, lifestyle, and the bedroom environment.

Key findings:

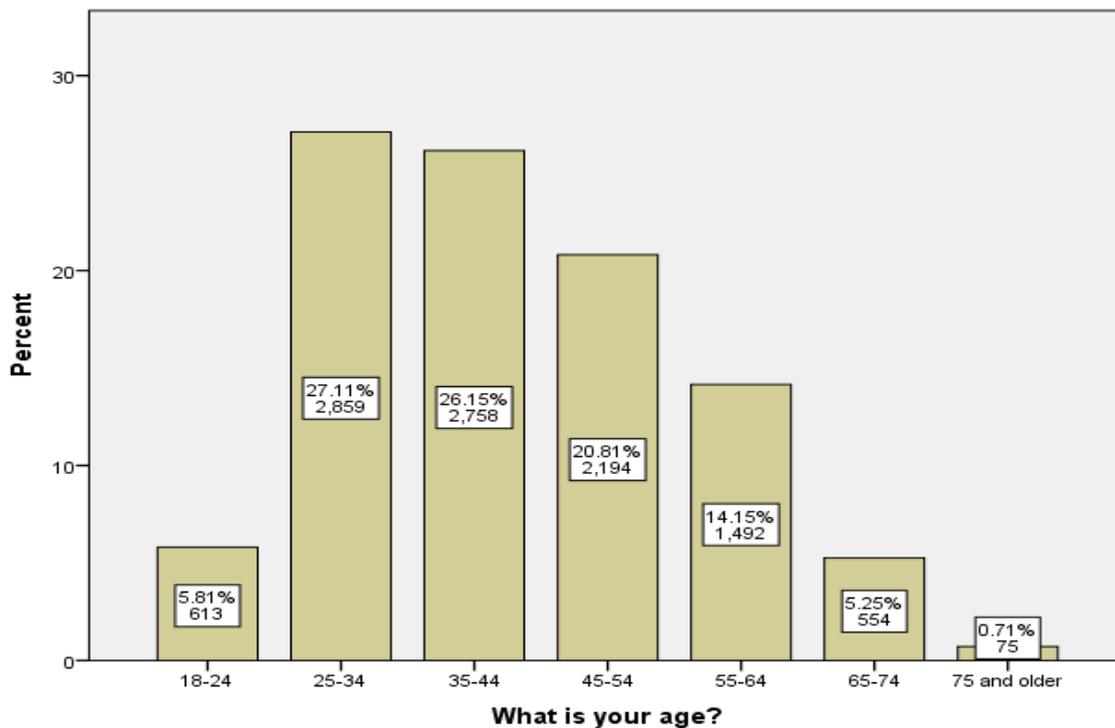
- China is the most 'sleep-medicated' country, with 1 in 5 adults consuming prescription sleeping tablets. South Korea is the least sleep medicated – with fewer than 1 in 30 people taking prescription sleep medication.
- China also shows the highest concern about sleep and performance at work: 75% of the Chinese respondents expressed the view that they could work better if they slept better
- Conversely, the UK showed the lowest concern about the impact of their sleep at work – with only 42% thinking they could work better if they slept better.
- Most working people in the 4 continents felt they didn't get enough sleep.
- The greatest 'sleep debt' was reported in China and South Korea. (Page 8)

Demographics

We have adopted the following terms: people taking part in the survey are referred to as **respondents**; collectively, the respondents from all participating countries comprise the **sample**; where averages etc. are provided for the sample as a whole, these are referred to as **overall** figures; on the other hand, figures broken down **by country** show separate values for the UK, Australia, South Africa, China and South Korea.

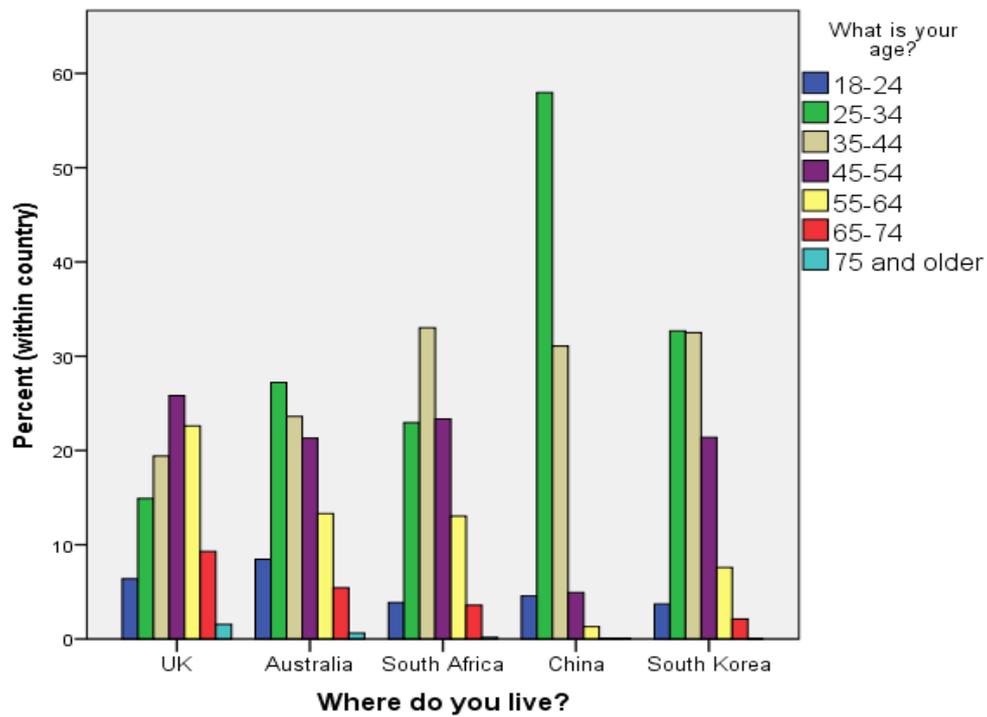
Most countries show a pattern of declining participation as the survey progressed, with earlier questions more likely to be answered than later questions. This trend is clear for the UK, and especially marked for South Africa. Overall, the UK showed the highest level of initial participation, but also the highest levels of unanswered questions.

Age distribution of sample (overall)

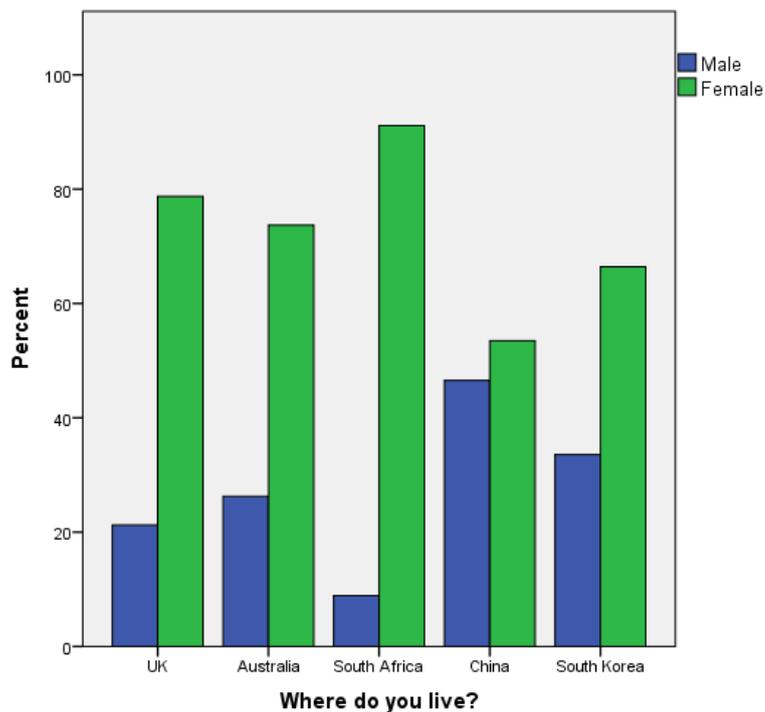


A good spread of ages overall, but with a marked, and quite understandable, bias towards younger people (**above**). This overall pattern is also seen for most of the 5 countries (**below**). China, however, includes no-one over 64, but the highest proportion of 25-34 year olds.

Age distribution of sample (by country)



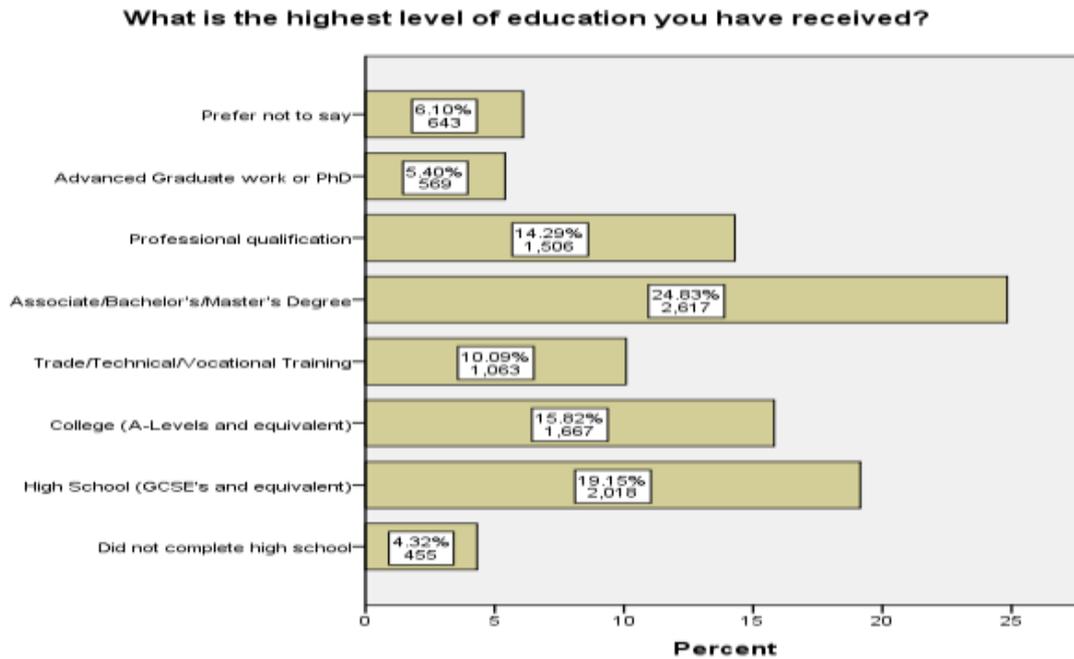
Percent males/females (by country)



Overall, 10407 respondents provided information on gender (7924 women; 2483 men). All countries showed a greater proportion of female respondents (**above**); China showed the lowest proportion of females, while South Africa showed the lowest proportion of males.

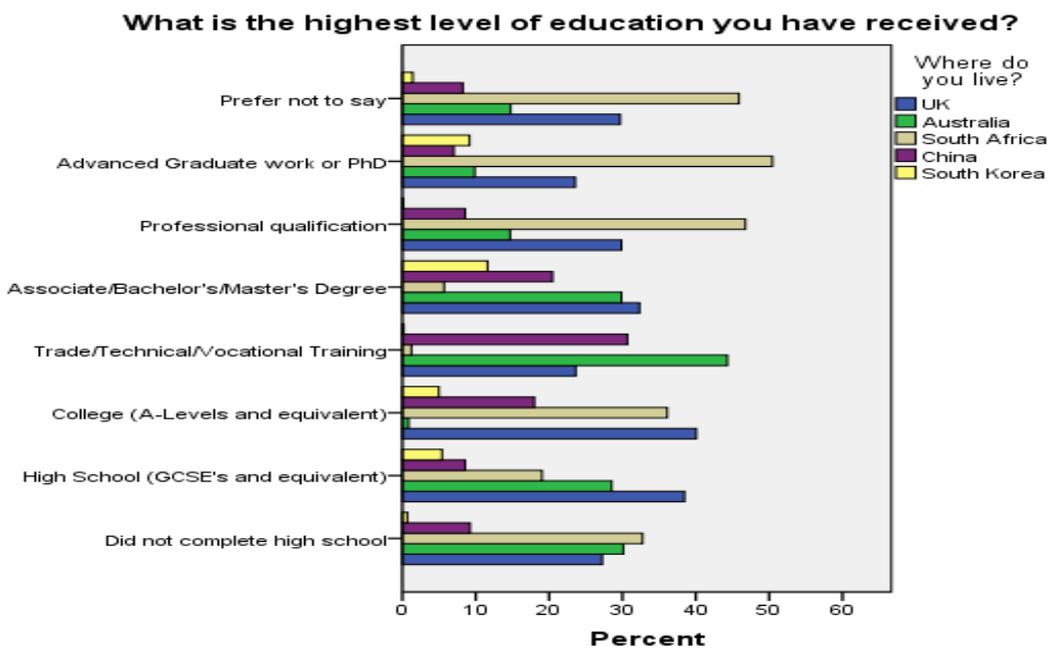
Overall, this is a well-educated sample with almost 45% reporting a professional qualification or a degree (**below**).

Educational level (overall)



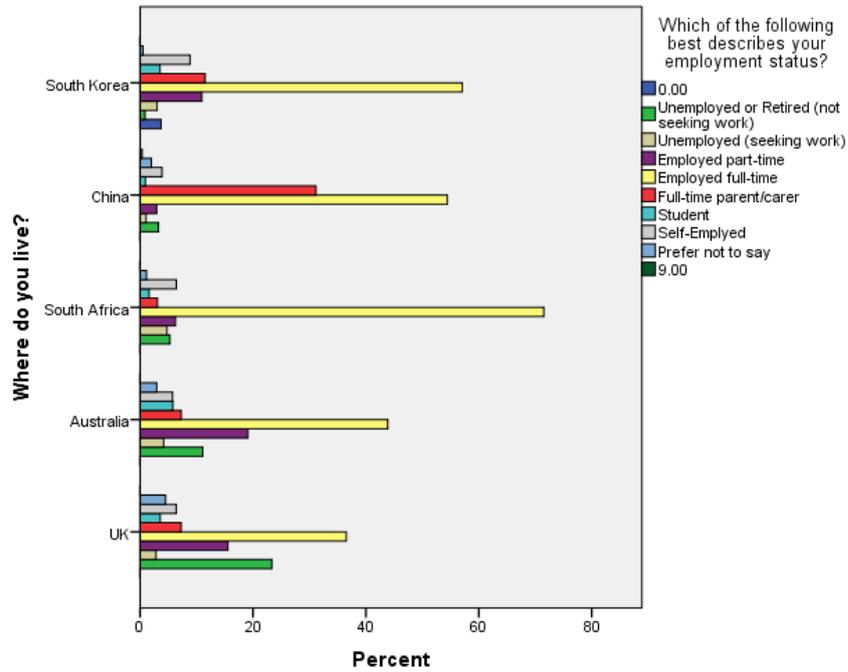
Educational level (by country)

South Korea has the lowest proportion of respondents who did not complete High School (**below**), while South Africa shows the highest level of advanced graduates.



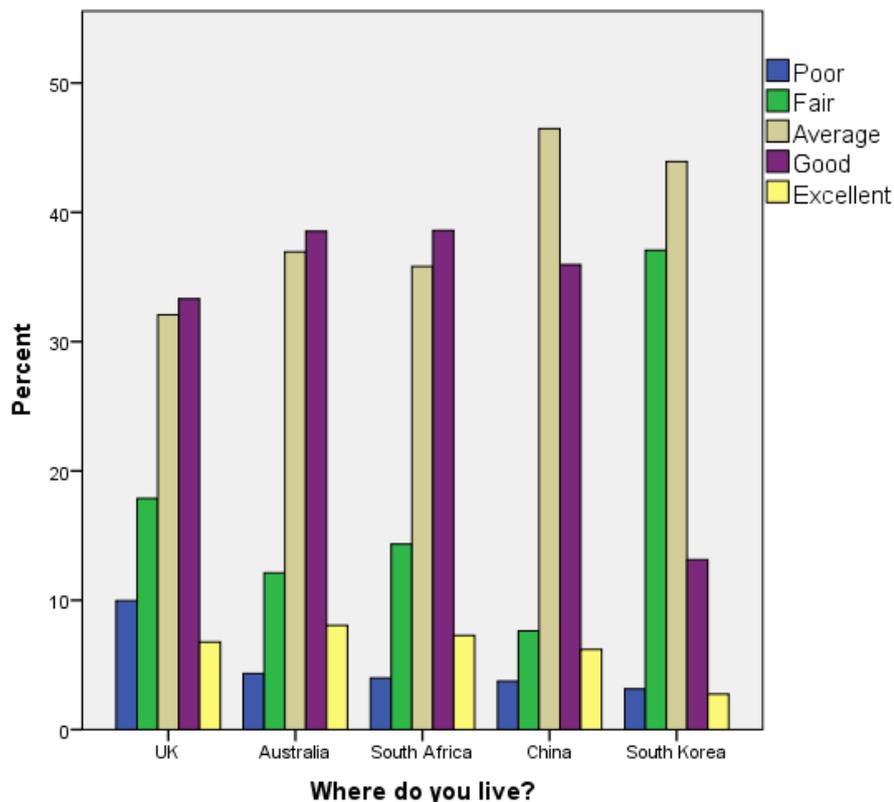
Employment Status (by country)

The survey was mostly completed by people in full time employment. China showed the highest proportion of full-time parents.



Health Status

How would you rate your present health?



Self rated health (above) shows similar levels (and similar caution in expressing) “excellent” health. In all countries, most felt “average”. China shows a reversal of the “Good”/“Fair” proportions seen in all other countries. This could have arisen from the translation.

The levels of smoking and prescription sleeping tablet use across countries (below) tallies with expectation – though for the UK and Australia suggest a slightly more ‘health conscious’ sample than would be expected by chance. Smoking in both China and South Korea is both very high, and strongly ‘gendered’. Surprising was the very high level of sleep medications reported for both men and women in China.

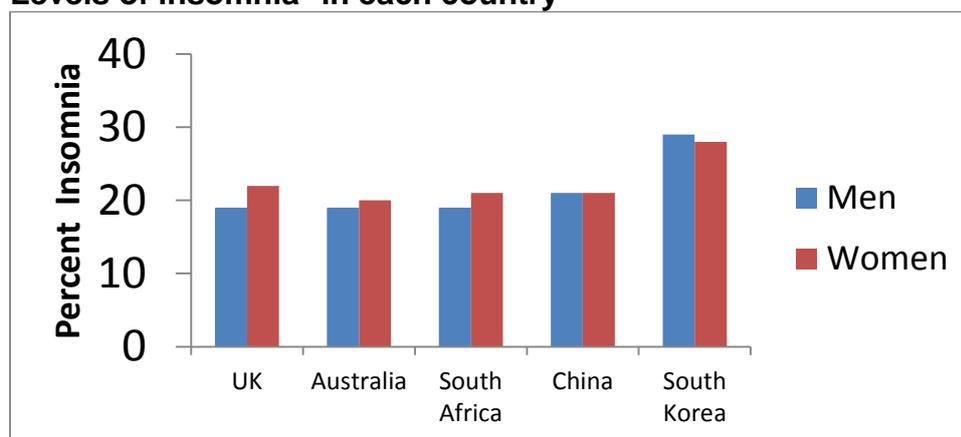
		Country				
		UK	Australia	South Africa	China	South Korea
Cigarette smoker	%Males	14%	13%	25%	54%	40%
	%Females	18%	11%	24%	6%	5%
Sleeping tablet user	%Males	7%	5%	5%	20%	1%
	%Females	8%	6%	10%	23%	3%

Sleep Quality and Quantity

Sleep quality

Several questions were combined to arrive at a categorisation of ‘insomnia’ which meets current international clinical diagnostic criteria (problems getting to sleep or staying asleep >3 times/week for the past 3 months + daytime impairment). For the UK, Australia South Africa and China levels are consistent (at around 20%). South Korea shows a much higher level of sleep disturbance, but for China and SK, the gender difference seen in other countries is absent (for China) or reversed (for South Korea).

Levels of insomnia* in each country

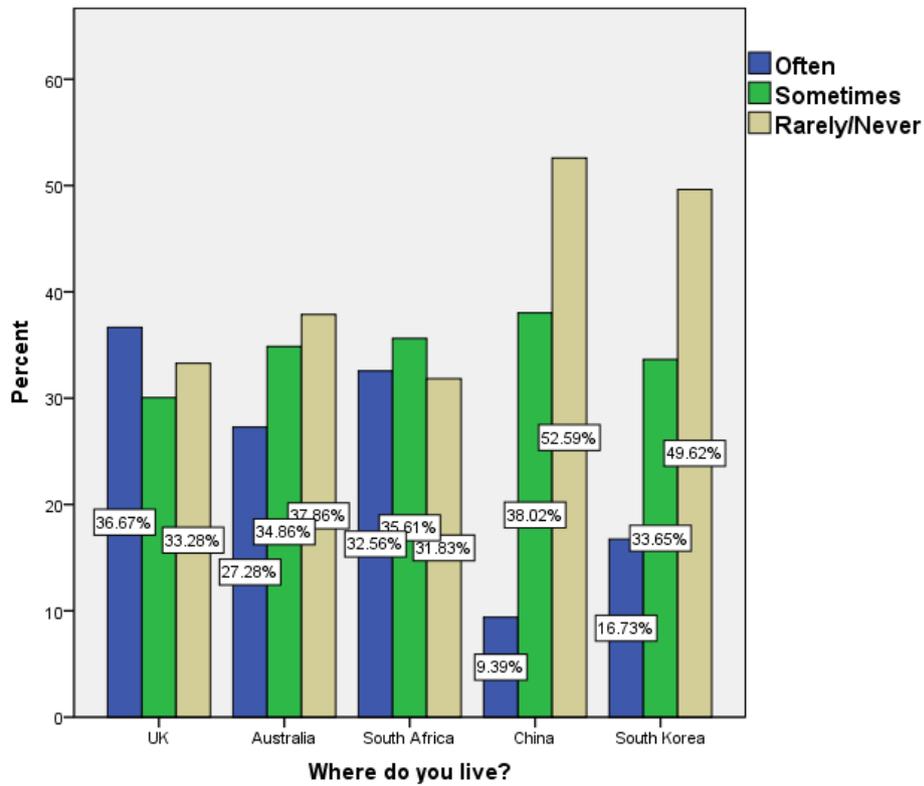


What wakes you up at night?

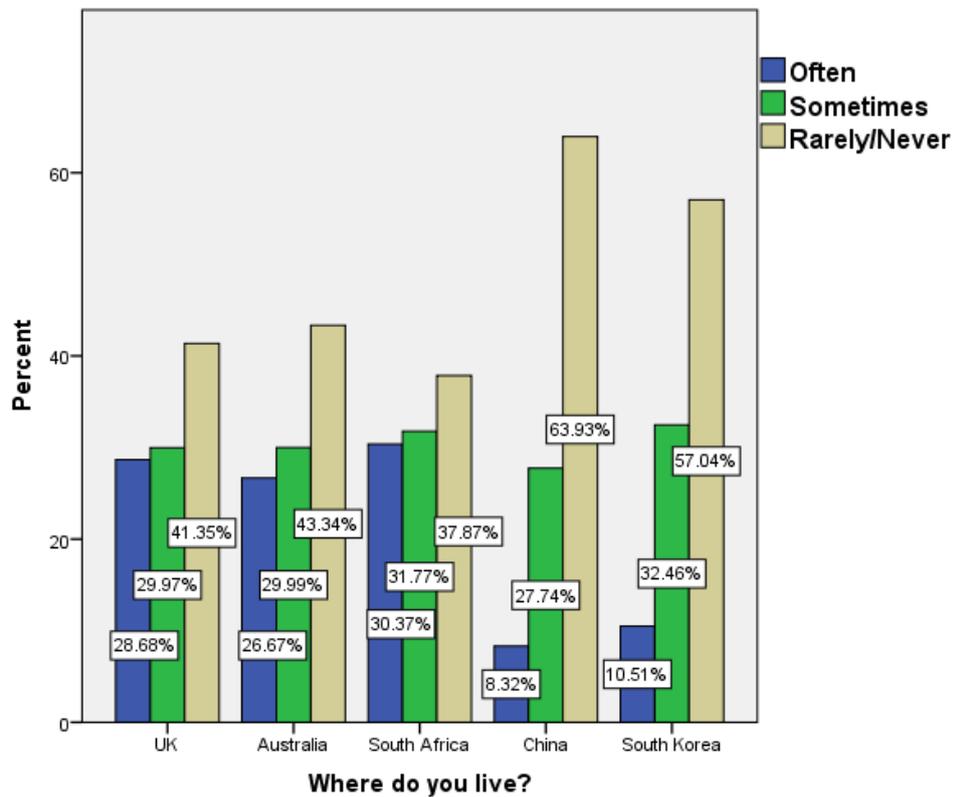
Respondents were asked the frequency and causes of any sleep disturbance. The commonest cause was “no particular reason” (known as ‘spontaneous awakenings’), followed by “using the bathroom”. This is quite normal. The **bold** row indicates that older, uncomfortable beds are a common source of sleep disturbance. This is explored further in Section 4 of the report.

Night-time Awakenings				
Reason given	Yes (often)	Yes (sometimes)	No	Number of Respondents
Spontaneous (no particular reason)	28%	34%	38%	10239
Use the bathroom	25%	30%	45%	10233
Uncomfortable bed	24%	22%	54%	10235
Partner snoring	17%	25%	58%	9506
Transport Noise	10%	19%	70%	10257
Partner using mobile device	8%	15%	77%	9500
Bad Dreams	5%	23%	72%	10215

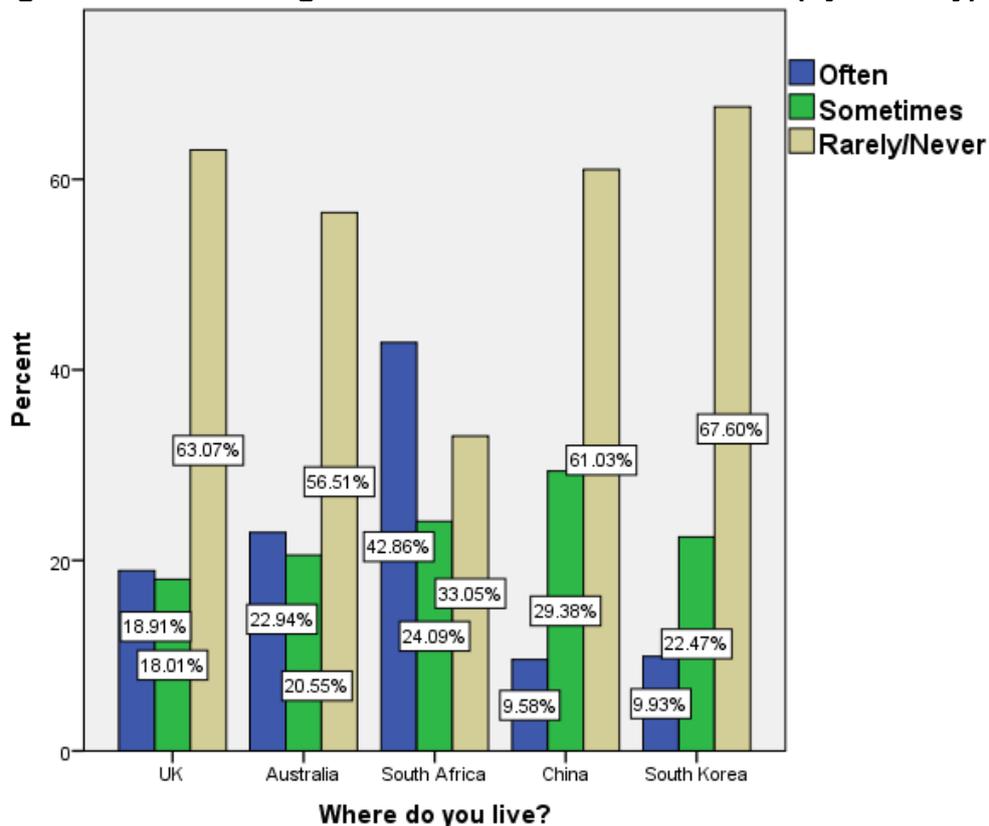
Spontaneous night-time awakenings (by country)



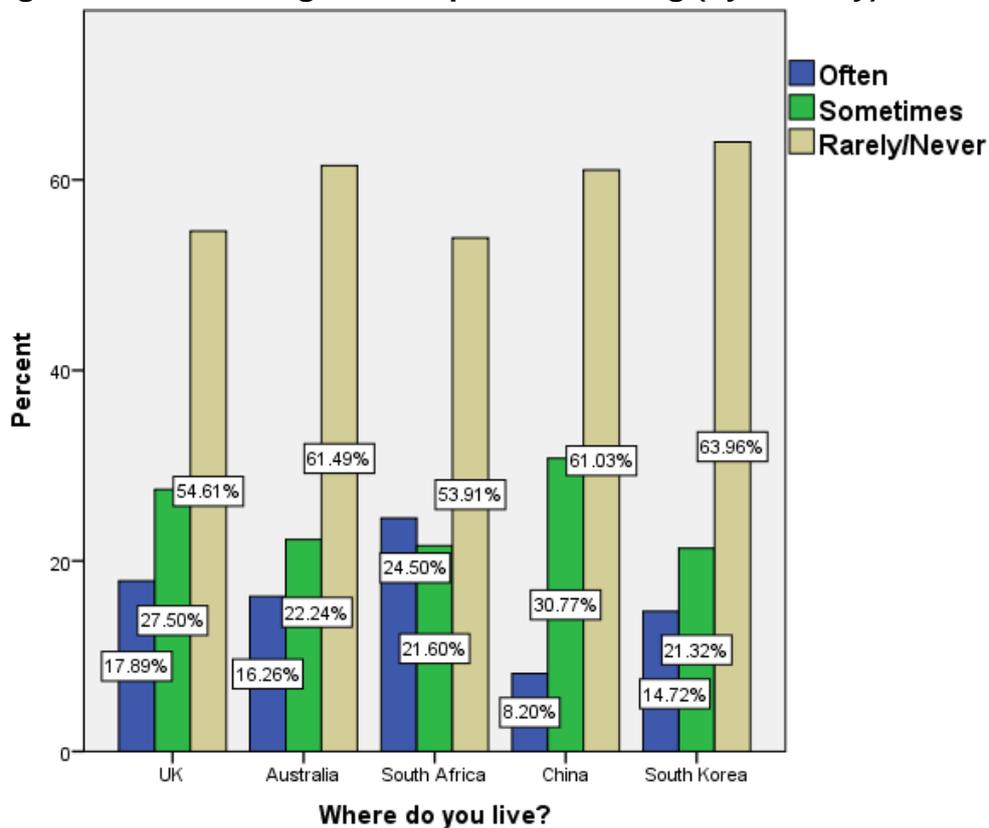
Night-time awakenings to use the bathroom (by country)



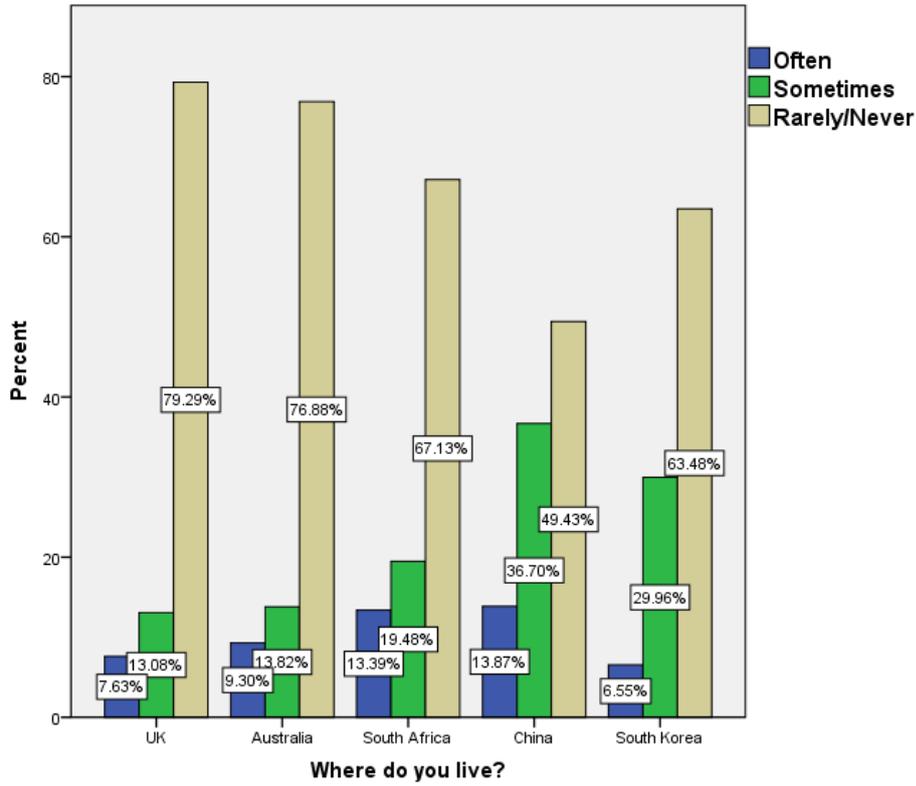
Night-time awakenings due to an uncomfortable bed (by country)



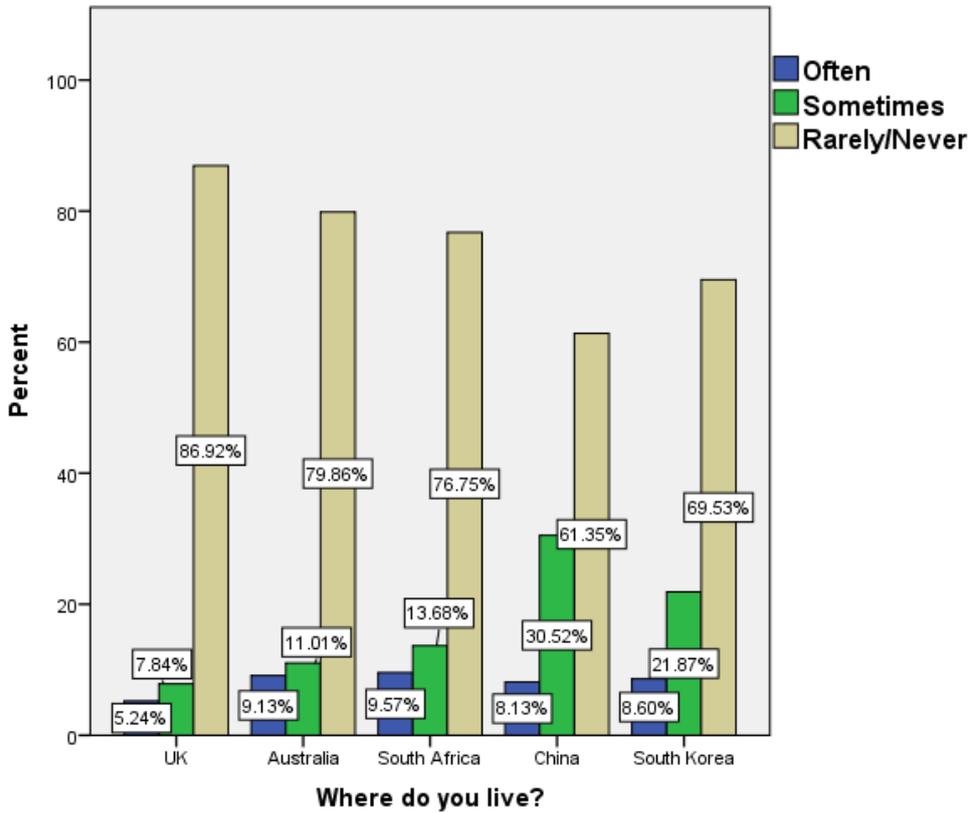
Night-time awakenings due to partner snoring (by country)



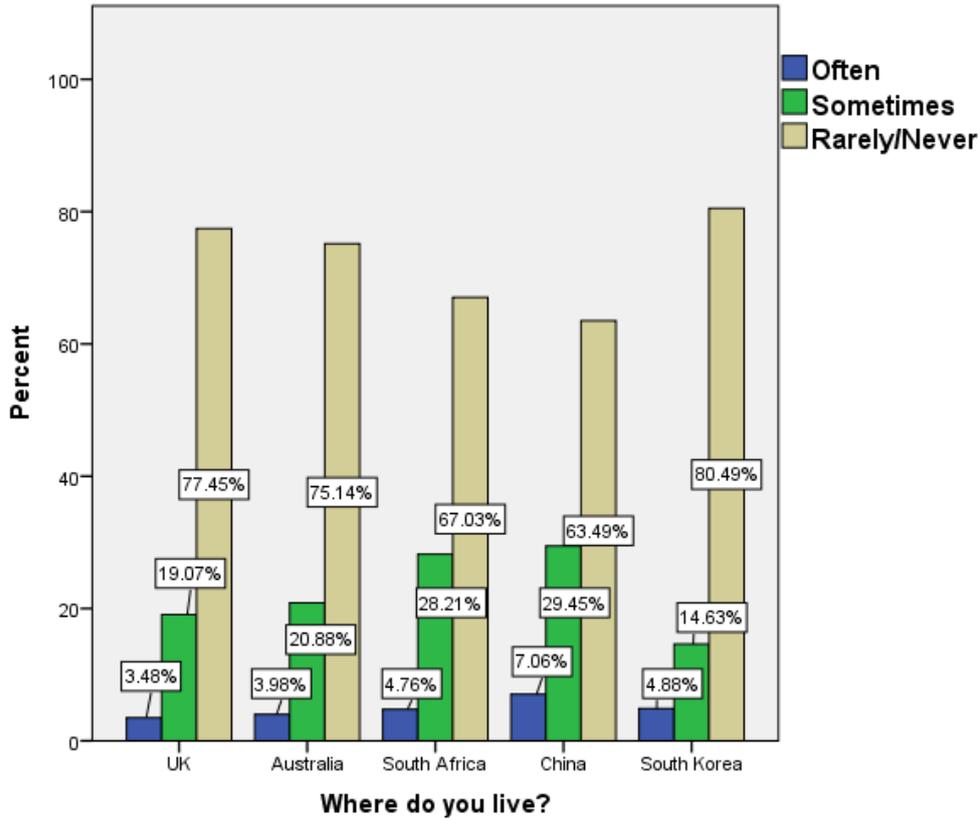
Night-time awakenings due to Transport Noise (by country)



Night-time awakenings due to partner using mobile device (by country)

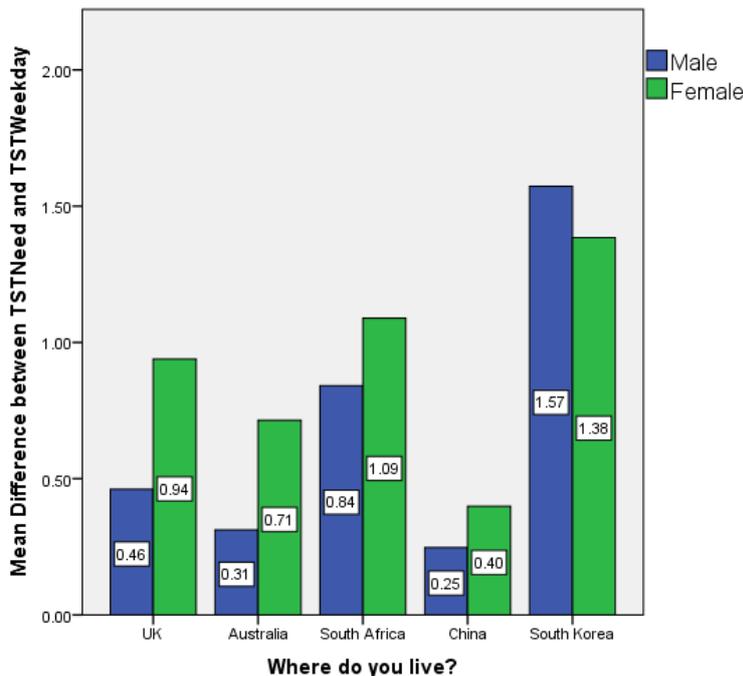


Night-time awakenings due to 'bad dreams' (by country)



Sleep quantity: do people feel they get enough sleep?

This question can be answered by comparing 'sleep need' and 'actual sleep' within the sample. The difference (what respondents feel they NEED minus what respondents actually GOT) is shown below.



These values represent the amount of sleep respondents felt they needed to bridge the gap between what they wanted, and what they got.

The 2 charts below (which include nearly 10,000 respondents) show the actual distributions of values.

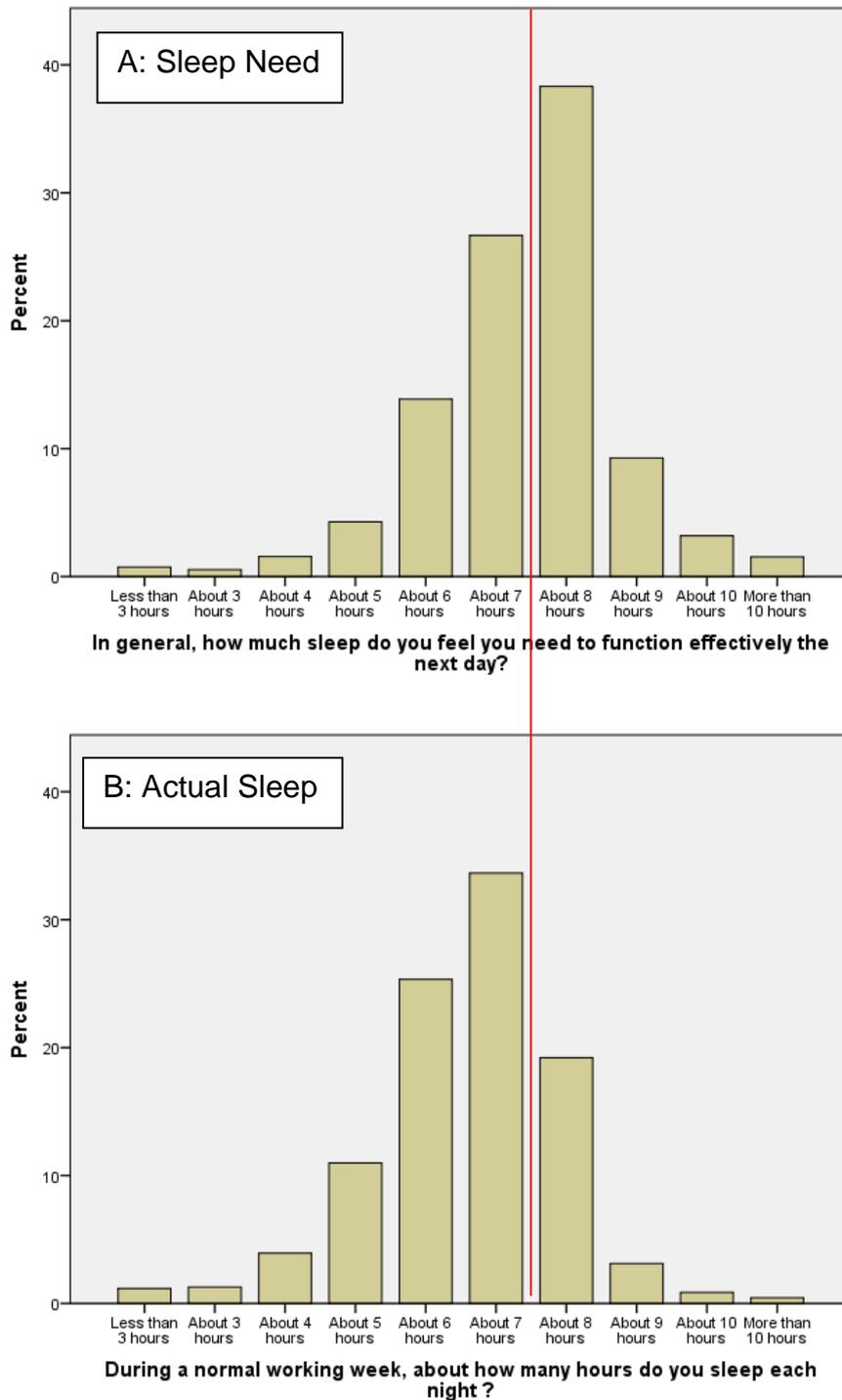
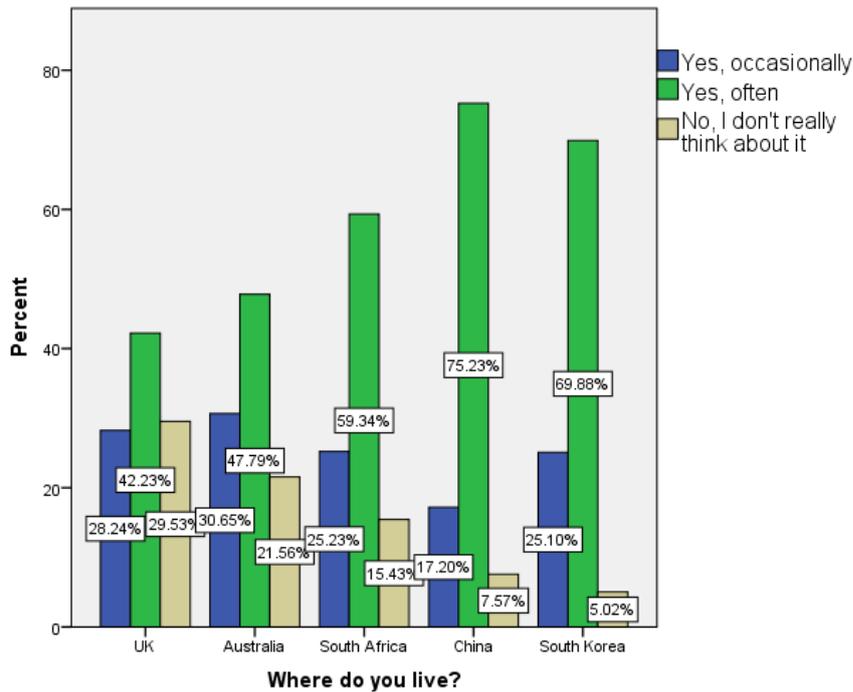


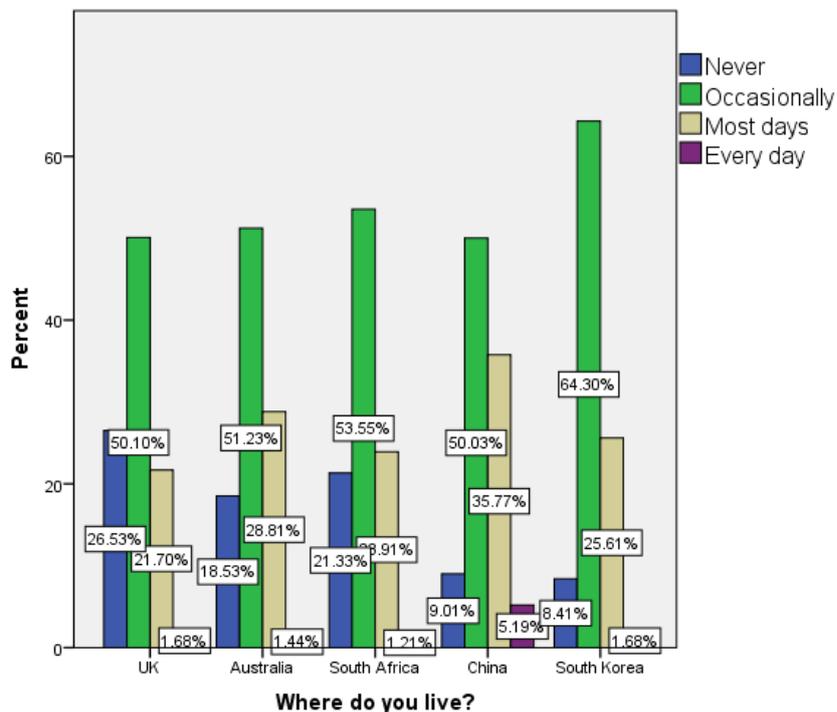
Chart A shows that over 50% (52%) feel they need 8 or more hours sleep each night to function well the next day. But chart B shows that only 24% actually get this much sleep. During a normal working week, therefore, most people feel they don't get enough sleep. We can explore this "sleep debt" across countries by examining 2 other items: "Do you think you could function better at work if you slept better?" and How often do you wake up feeling refreshed and well-rested? (both below).

Do you think you could function better at work if you slept better?

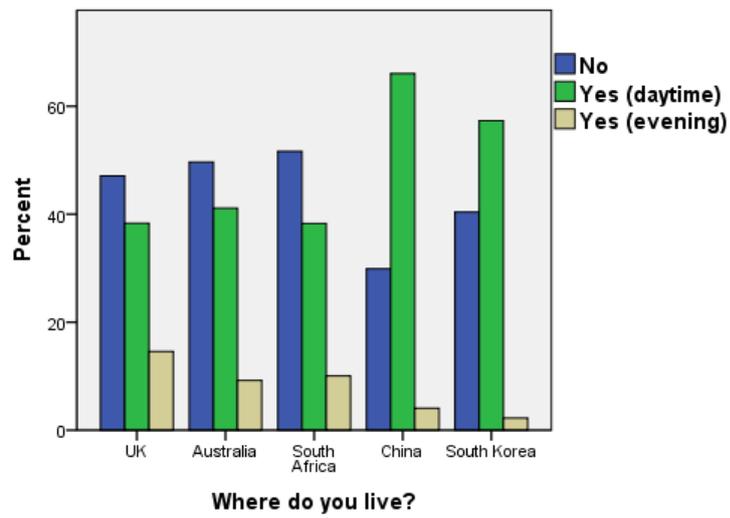


China and Korea show the greatest levels of concern about sleep and performance at work (above), while the UK, Australia and SA show the highest levels of respondents “never” waking refreshed (below). Nevertheless, 40-70% of all respondents feel they could work better if their sleep improved (above) while over half of all respondents feel they can rely on *at least* an occasional night of refreshing sleep.

How often do you wake up feeling refreshed and well-rested?



Inadequate sleep can result in daytime sleepiness, prompting daytime napping behaviour. We examined the question “Do you take naps?” across the five countries (below).



Evening naps are most common in the UK, while daytime naps are prevalent overall, but most common in China and South Korea

Ends