

YouGov Survey Results

Sample Size: 1722 GB Adults
Fieldwork: 30th - 31st January 2012

	Gender		Age				Social grade		Household income per year					Children		Sleep had per night		Sleep needed per night			
	Total	Male	Female	18-24	25-39	40-59	60+	ABC1	C2DE	under 10,000	10,000-19,999	20,000-49,999	50,000-69,999	70,000 and over	No	Yes	Less than 7 hours	More than 7 hours	Less than 7 hours	More than 7 hours	
Weighted Sample	1722	837	885	208	439	589	486	982	740	123	267	593	148	105	1274	420	632	1067	141	1539	
Unweighted Sample	1722	795	927	94	495	681	452	1150	572	105	256	615	177	120	1249	451	651	1054	129	1558	
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%

On average, how many hours sleep do you have a night?

4 hours or less	3	3	3	0	2	5	4	2	5	8	7	2	1	2	3	3	9	0	12	2
5 hours	10	9	10	3	7	12	12	9	11	16	14	11	4	7	11	7	27	0	25	9
6 hours	24	23	24	10	23	28	24	23	24	12	30	25	26	19	23	26	64	0	38	23
TOTAL LESS THAN 7 HOURS	37	36	37	13	32	45	41	34	40	35	51	38	32	28	37	36	100	0	75	33
7 hours	38	41	35	50	40	35	35	42	33	39	33	38	43	52	37	41	0	62	18	41
8 hours	19	16	22	22	22	16	18	18	20	21	11	19	24	13	19	19	0	31	6	21
9 hours	4	3	4	8	5	2	4	4	4	2	4	4	2	6	4	2	0	6	0	4
10 hours	1	1	1	1	0	0	1	1	0	3	1	1	0	1	1	1	0	1	0	1
11 hours	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
12 hours or more	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
TOTAL MORE THAN 7 HOURS	62	62	62	82	67	53	59	65	58	65	49	61	68	72	61	63	0	100	24	66
Don't know	1	2	1	5	0	2	0	0	3	0	1	1	0	0	1	1	0	0	1	0

And on average, how many hours sleep a night do you think you personally need to feel at your best?

4 hours or less	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	1	1	0	2	0
5 hours	1	2	1	0	1	1	2	1	2	4	3	1	0	0	1	0	3	0	14	0
6 hours	7	9	4	5	6	7	8	6	8	8	9	6	8	5	8	4	13	3	84	0
TOTAL LESS THAN 7 HOURS	8	11	5	5	7	8	11	7	10	12	13	7	8	5	9	5	17	3	100	0
7 hours	23	25	20	19	16	21	31	24	20	17	23	23	27	29	23	21	29	19	0	25
8 hours	50	48	52	35	52	55	48	49	52	48	49	54	50	46	51	49	47	53	0	56
9 hours	12	10	14	24	17	10	6	14	9	13	11	10	11	16	11	16	5	17	0	14
10 hours	4	2	5	9	6	2	1	4	4	5	3	5	2	4	2	8	1	6	0	4
11 hours	0	0	1	1	1	0	0	0	0	1	0	1	0	0	0	0	0	1	0	0
12 hours or more	0	0	1	0	1	1	0	1	0	2	0	0	0	1	0	1	0	1	0	0
TOTAL MORE THAN 7 HOURS	89	85	94	89	92	89	87	92	86	87	86	92	90	95	88	94	81	96	0	100
Don't know	2	4	1	6	1	3	2	1	4	1	1	2	2	0	3	1	2	1	0	0