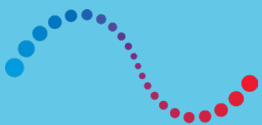


**DISCOVER YOUR**

**SLEEP  
SUPER  
POWERS**



**ResMed**

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# 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 his or her way.

As part of our global survey, 36,000 individuals across 17 different markets<sup>1</sup> 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 increased productivity was identified as one of the key benefits of being well-rested, according to sleepers in the following markets:

**Thailand (88%)**

**Brazil (78%)**

**Mexico (77%)**

**Mainland China (64%)**

Sleep experts agree that there are numerous benefits to consistently getting a full night's rest<sup>2</sup>. Yet according to the 2024 ResMed Sleep Survey, people around the world<sup>1</sup> are suffering from a chronic lack of sleep. Nearly four in 10 people surveyed experience less than three nights of quality sleep per week.

What's keeping us up at night? Does sleep come easier for some 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.



<sup>1</sup>Markets surveyed include Australia, Brazil, Mainland China, France, Germany, Hong Kong SAR, India, Ireland, Japan, Korea, Mexico, New Zealand, Singapore, Taiwan (Region), Thailand, UK and the US

<sup>2</sup>Sleep Foundation, 8 Health Benefits of Sleep, <https://www.sleepfoundation.org/how-sleep-works/benefits-of-sleep>, Last accessed 8 Mar 2024

36,000 respondents across 17 markets surveyed as part of 2024 ResMed Sleep Survey between December 2023 and January 2024

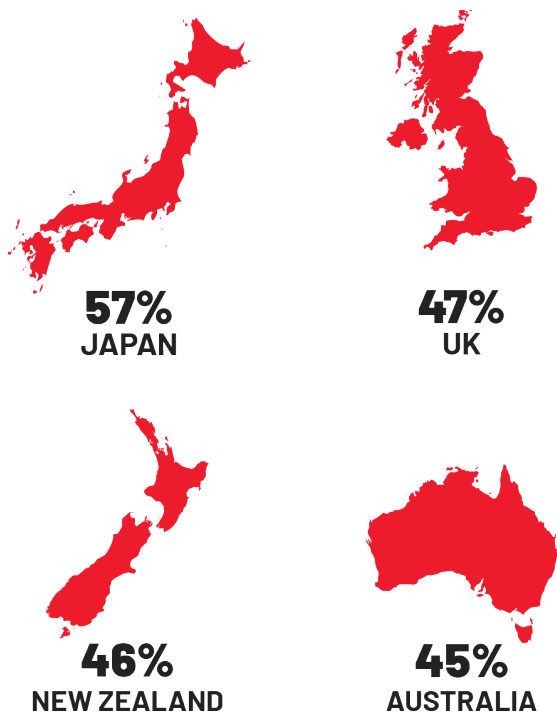
# WHO NEEDS MORE SLEEP?



It is recommended we have seven to nine hours of sleep every night<sup>3</sup> but life happens, and so does a lack of sleep.

As revealed in the sleep survey, 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 negative and 39% feeling more irritable.

Consistent good sleep is still a struggle for some individuals with respondents in the following markets 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 market 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<sup>4</sup>, 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 wellbeing was also cited as a benefit of good sleep by 89% of respondents, while 83% agree that good sleep is connected to their creativity.

<sup>3</sup>National Sleep Foundation, <https://www.nichd.nih.gov/health/topics/sleep/conditioninfo/how-much>, Last accessed 8 Mar 2024

<sup>4</sup>The 3 Pillars of Health, M. Castillo, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7965916/>, Last accessed 8 Mar 2024

36,000 respondents across 17 markets surveyed as part of 2024 ResMed Sleep Survey between December 2023 and January 2024

# WHAT IS KEEPING US UP AT NIGHT?





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

Across the world<sup>1</sup>, anxiety (42%), work-related stress (27%) and financial pressures (25%) keep survey respondents up at night, resulting in disrupted sleep and the side effects that come with it.

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:

**50%** DAYTIME SLEEPINESS

**40%** NEGATIVE FEELINGS IN THE MORNINGS

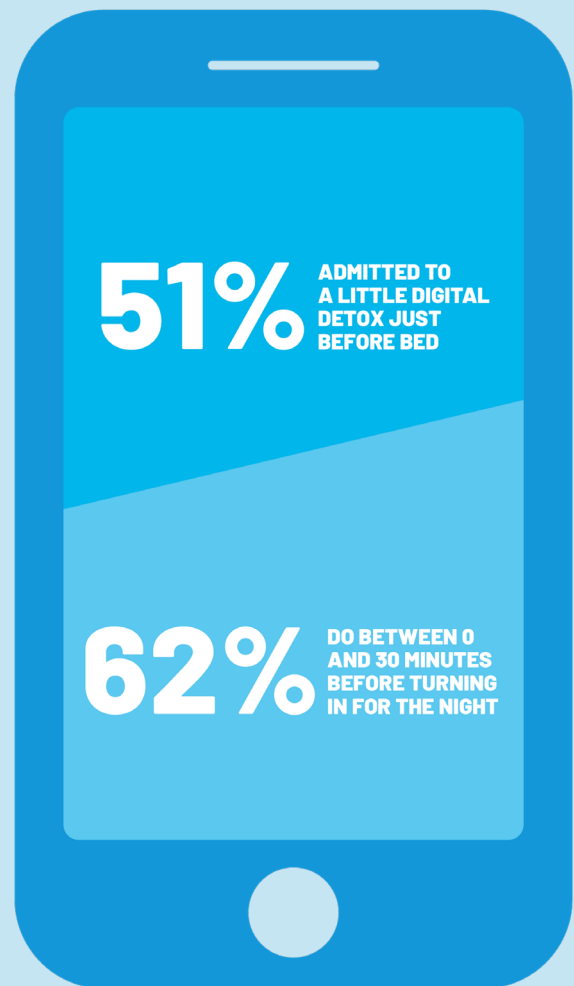
**39%** BEING MORE IRRITABLE

# 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



<sup>1</sup>Markets surveyed include Australia, Brazil, Mainland China, France, Germany, Hong Kong SAR, India, Ireland, Japan, Korea, Mexico, New Zealand, Singapore, Taiwan (Region), Thailand, UK and the US

# OUR QUEST TO FALL AND STAY ASLEEP

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

The respondents in the markets most likely to fall and stay asleep:



**42%**  
INDIA



**41%**  
THAILAND

By contrast, the three markets with respondents where sleep appears to be most disrupted:



**44%** UK



**42%** FRANCE



**42%** JAPAN

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

Across 17 markets in our survey, the average proportion of respondents giving this response was 14%, but in some markets this figure was notably higher – in Australia, France, New Zealand, Taiwan (Region), and the US this number was 23%.



# WOMEN AND SLEEP

According to a report released at Davos 2024 by the McKinsey Health Institute and the World Economic Forum, addressing the gaps in women's health could reduce the time women spend in poor health by almost two-thirds<sup>5</sup>.

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?

Of 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<sup>6</sup>, 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%).

More about sleep apnea on the next page.

<sup>5</sup>Closing the women's health gap: A \$1 trillion opportunity to improve lives and economies, The McKinsey Health Institute, <https://www.kinsey.com/mhi/our-insights/closing-the-womens-health-gap-a-1-trillion-dollar-opportunity-to-improve-lives-and-economies>, Last accessed 8 Mar 2024

<sup>6</sup>NIH, What is Sleep Apnea? <https://www.nhlbi.nih.gov/health/sleep-apnea>, Last accessed 8 Mar 2024

# 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<sup>7</sup>.

It is estimated that 936 million people around the world have obstructive sleep apnea<sup>8</sup>, 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 markets surveyed, 57% of respondents were aware of sleep apnea, though awareness varies throughout the world.

## Awareness of Sleep Apnea by Market



**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.



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



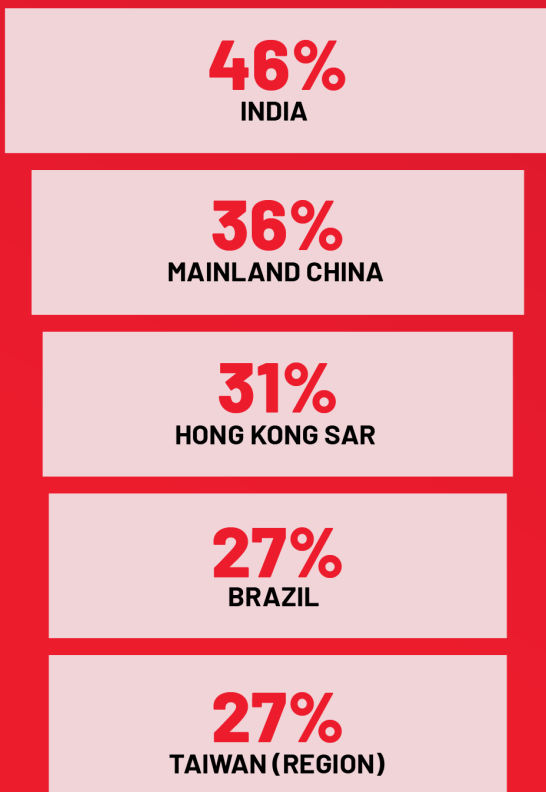
**NO DIAGNOSIS OF SLEEP APNEA (74%)**

While snoring is the most common symptom for sleep apnea reported from the study, the levels of awareness of some of the symptoms associated with sleep apnea are at similar levels to awareness of the condition per se, standing at 54%.

Across different markets there are notable variations in understanding the relationship between the disorder and its most common symptoms :

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

### Top Five People in Markets with a Sleep Apnea Diagnosis



## SLEEP NUGGET

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

Research presented at Associated Professional Sleep Societies' Sleep 2023 Conference<sup>9</sup>, 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<sup>10</sup>.**

<sup>9</sup>Associated Professional Sleep Societies' Sleep 2023 Conference

<sup>10</sup> Wimms, A. et al, Sleep 2023

36,000 respondents across 17 markets surveyed as part of 2024 ResMed Sleep Survey between December 2023 and January 2024

# THE SEARCH FOR BETTER SLEEP

Everyone is searching, hunting or trying to solve the mission for better sleep. However you want to call it, individuals around the world are more determined than ever to get a better night's sleep, with many people packing their bags and stamping their passports in search of 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 analyze 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 Sleep is Tracked Across the World

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% each). 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 surveyed 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**

Many respondents are taking their own sleep health into their own hands.

The two most trusted sources of information on sleep health are from physicians (75%) and online research (46%), 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 10% 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 own 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 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 that ResMed has undertaken.

With nationally representative samples from 17 different markets – 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 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, Market, Age Group

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

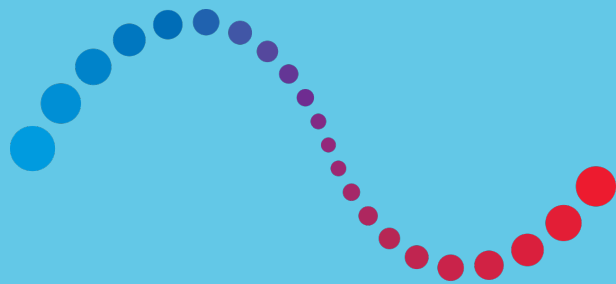
A total of 36,000 people were interviewed for the 2024 survey, with nationally representative samples from 17 different markets. 51% of the sample identify as male, 48% as female, and less than one percent as other. The fieldwork took place between 11th Dec 2023 – 2nd Jan 2024.

The average age of the total sample is a little under 44 years, with a representative sample of age groups interviewed in each market. 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 markets 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 market) 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 urbanized and digitized 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? Take your free sleep assessment at: [resmed.com/sleeppowers](https://resmed.com/sleeppowers)



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