

## Opinion Poll

**SOCIAL BEHAVIOUR**  
**Sleeping Habits**

**On sleeping: 41% Pakistanis claim that they sleep for 8 hours on average in a day.**

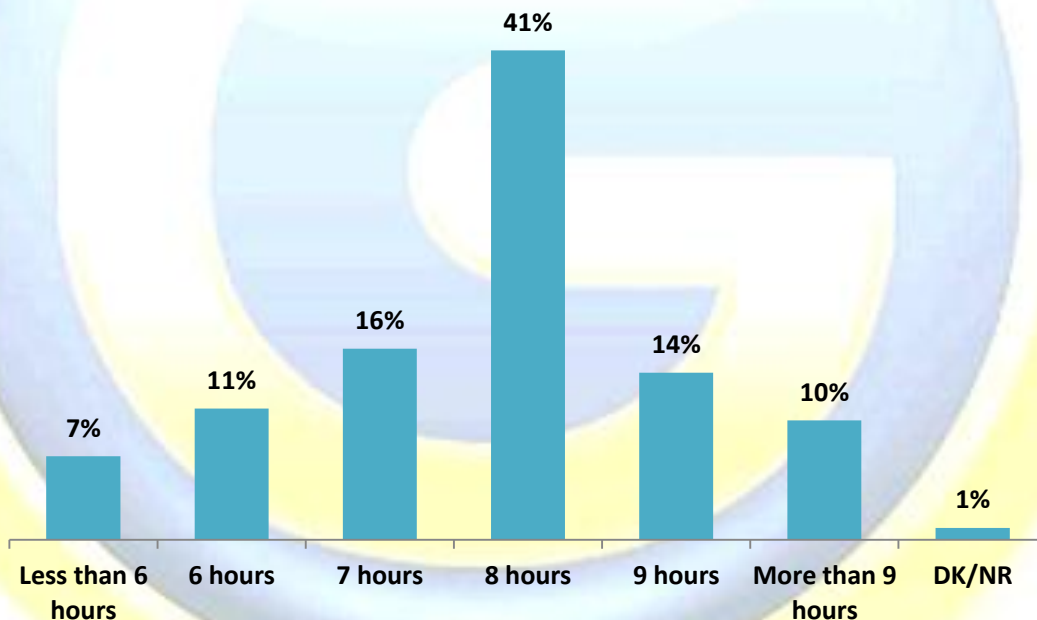
**(GALLUP & GILANI PAKISTAN POLL)**

Islamabad, April 12, 2019

According to a Gilani Research Foundation Survey carried out by Gallup & Gilani Pakistan, 41% Pakistanis claim that they sleep for 8 hours on average in a day.

A nationally representative sample of men and women from across the four provinces was asked, “Please tell us, approximately how many hours on average do you sleep in a day?” In response, 7% said that they sleep for less than 6 hours, 11% said 6 hours, 16% said 7 hours, 41% said 8 hours, 14% said 9 hours, 10% said more than 9 hours and only 1% said that they did not know or did not wish to respond.

**Question: “Please tell us, approximately how many hours on average do you sleep in a day?”**



Source: Gallup & Gilani Pakistan Poll

Field work conducted by Gallup & Gilani Pakistan, the Pakistani affiliate of Gallup International Association  
([www.gallup-international.com](http://www.gallup-international.com); [www.gallup.com.pk](http://www.gallup.com.pk); [www.gilanifoundation.com](http://www.gilanifoundation.com))

The study was released by Gilani Research Foundation and carried out by Gallup & Gilani Pakistan, the Pakistani affiliate of Gallup International. The recent survey was carried out among a sample of 1,178 men and women in rural and urban areas of all four provinces of the country, during 23 February – 03 March, 2019. The error margin is estimated to be approximately  $\pm 2-3$  percent at the 95% confidence level.

## Opinion Poll from Gallup Pakistan



The Pakistani Affiliate of Gallup International



GILANI RESEARCH  
FOUNDATION

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**Gilani Research Foundation is a not for profit public service project to provide social science research to students, academia, policy makers and concerned citizens in Pakistan and across the globe.**

Gilani Research Foundation is headed by Dr. Ijaz Shafi Gilani who pioneered the field of opinion polling in Pakistan and established Gallup Pakistan in 1980. Currently Dr. Gilani, who holds a PhD from the Massachusetts Institute of Technology (MIT) and has taught at leading universities in Pakistan and abroad, is Chairman of Gallup Pakistan.

If you have any further questions regarding this poll, please feel free to contact us.

Best Regards,

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Daily Gilani Poll  
2019



of Gallup Pakistan  
(1980-2019)