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Gallup Pakistan

GALLUP PAKISTAN POLL FINDINGS ON

MAJORITY OF PAKISTANIS ENJOY A SOUND SLEEP

Results released on: SEPTEMBER 8, 1985



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A weekly research Report for the Mass, Media produced by Gallup Pakistan.

THE GALLUP POLL

SEPTEMBER 8, 1985

MAJORITY OF PAKISTANIS ENJOY A SOUND SLEEP

Islamabad – According to Gallup poll, three quarters of Pakistanis, 75% have no problem in enjoying sound sleep at night. 16 % of the respondents in the national survey said they occasionally suffer from sleeplessness while 5% complained of suffering from sleeplessness more frequently. In answer to another question to the same survey, 7% complained of frequent head aches. The remaining population was evenly divided among those who said they never had head aches 46% and those who complained of occasional headaches.

These figures were released here today by Gallup Pakistan in a weekly research prepared for national media.

The Gallup survey discovered that, contrary to the common belief, there is no difference in rural and urban population in either sleeplessness or head aches. The proportion of these ailments is equal in rural and urban population. However age does take its role. 11% among the population older than sixty years complain sleeplessness compared with 3% of those in their twenties.

The survey also revealed that about one third of the population is either not conscious about change in health or is unwilling to discuss it. Among the remaining percentage, more people think their health is improving than those who think it is deteriorating, until the age of forty, when its proportion becomes to reverse.

The following is the question and comparison of the survey findings.

Questions: Do you suffer from sleeplessness, headaches?

	NEVER	OCCASIONALY	FREQUENTLY
SLEEPLESSNESS	75	17	5
HEADACHES	46	46	7

Compared to previous year how was your health during the past year?

	BETTER	WORSE	REMAINED THE SAME
ALL	30	32	38
AGE 20-30	39	26	35
AGE 31-40	35	26	39
AGE 41-60	27	35	38
ABOVE 60	17	47	34