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GALLUP PAKISTAN POLL FINDINGS ON

7% of urban men and women are faced with the problem of sleeplessness

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7% of urban men and women are faced with the problem of sleeplessness - April 14, 2000

According to a recent survey by Gallup Pakistan 7% of urban men and women are faced with the problem of sleeplessness. These findings have emerged from a survey on mental stress and its various symptoms. The study was carried out by the Healthcare group of Gallup Pakistan, The study posed a series of questions on persistent headache, feeling of breathlessness, rapid heartbeat, exhaustion and other symptoms of stress.

. In response to the question: *"Do you usually have a sound sleep or do you occasionally or frequently have problem in sleeping?"* Sixty percent (60%) of men and women said they had sound sleep, 33% said they were occasionally faced with sleeplessness, while 7% said they were frequently faced with this problem. Experts at Gallup are trying to see the relationship of mental stress with dietary habits, physical exercise, family traits and social conditions.

The survey was conducted by Gallup Pakistan, the Pakistani affiliate of Gallup International among a representative sample of more than 2000 men and women in the major urban areas of the country. The sample included a cross section of people belonging to various age, income, education and linguistic backgrounds. The text of this report can also be seen on the internet at: www.gallup.com.pk