



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.

More than Half of All Pakistanis Experience Nightmares: GILANI POLL /GALLUP PAKISTAN

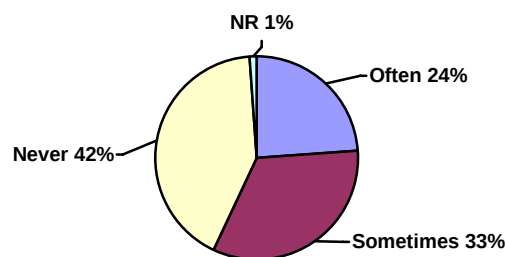
Islamabad, September 30, 2009

According to a Gilani Research Foundation survey carried out by Gallup Pakistan, more than half of all Pakistanis (57%) claim they often or sometimes experience nightmares while sleeping. However, a significant 42% of the respondents seem to be at peace during night-time as they claimed to never have frightening dreams. One percent (1%) gave no response.

A nationally representative sample of men and women from across the country were asked “*Do you experience nightmares?*” Twenty four percent (24%) claimed to often experience nightmares, 33% said sometimes, where as a significant 42% said they do not see nightmares during their sleep. One percent (1%) gave no response.

The findings show that proportionately higher percentage pf urbanites (66%) as compared to the ruralites (52%) complained about having terrifying dreams during the night. It is also noted that a comparatively higher percentage of females and adults of 50+ years of age claimed to often or sometimes suffer from nightmares.

“*Do you experience nightmares?*”



Source: Gilani Poll conducted by Gallup Pakistan,
the Pakistani affiliate of Gallup International Association (www.gallup-international.com; www.gallup.com.pk)

The study was released by Gilani foundation and carried out by Gallup Pakistan, the Pakistani affiliate of Gallup International. The latest survey was carried out among a sample of 2775 men and women in rural and urban areas of all four provinces of the country, during August 2009. Error margin is estimated to be approximately ± 2 -3 per cent at 95% confidence level.

Gallup Pakistan proposes that its poll results be attributed as Gilani Poll conducted by Gallup Pakistan, the Pakistani affiliate of Gallup International. This is to distinguish our polls from polls on Pakistan sometimes released by other organizations not part of Gallup International Association (www.gallup-international.com) and referred to by the same title. Also please see necessary Disclaimer on our website (www.gallup.com.pk). Gallup Pakistan takes responsibility for only its own polls on Pakistan.

For more survey data on social and other issues see website www.gallup.com.pk

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