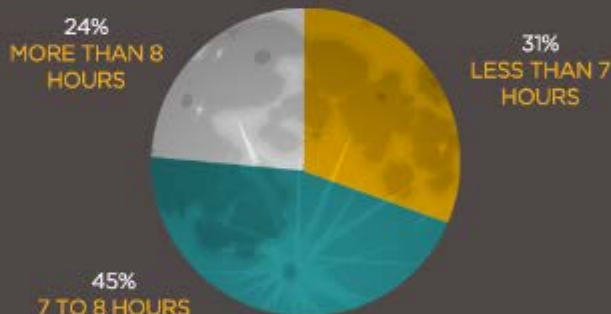


27 Jul 2016

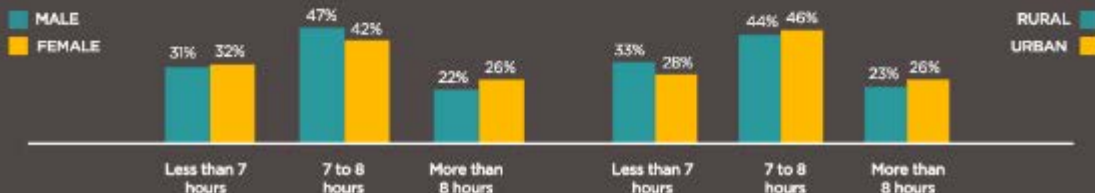
45% PAKISTANIS CLAIM TO SLEEP APPROXIMATELY BETWEEN 7 AND 8 HOURS; MORE WOMEN AND URBAN DWELLERS SLEEP FOR MORE THAN 8 HOURS.

How many hours do you sleep at night approximately?



GENDER BREAKDOWN

URBAN/RURAL BREAKDOWN



SOURCE: GALLUP AND GILANI SURVEYS SAMPLE SIZE: 1842
Nationally Representative Sample covering both urban rural respondents across Pakistan's four provinces.



Opinion Poll SOCIAL Sleeping habits

45% Pakistanis claim to sleep approximately between 7 and 8 hours; more women and urban dwellers sleep for more than 8 hours. (GRF POLL)

Islamabad, July 27, 2016

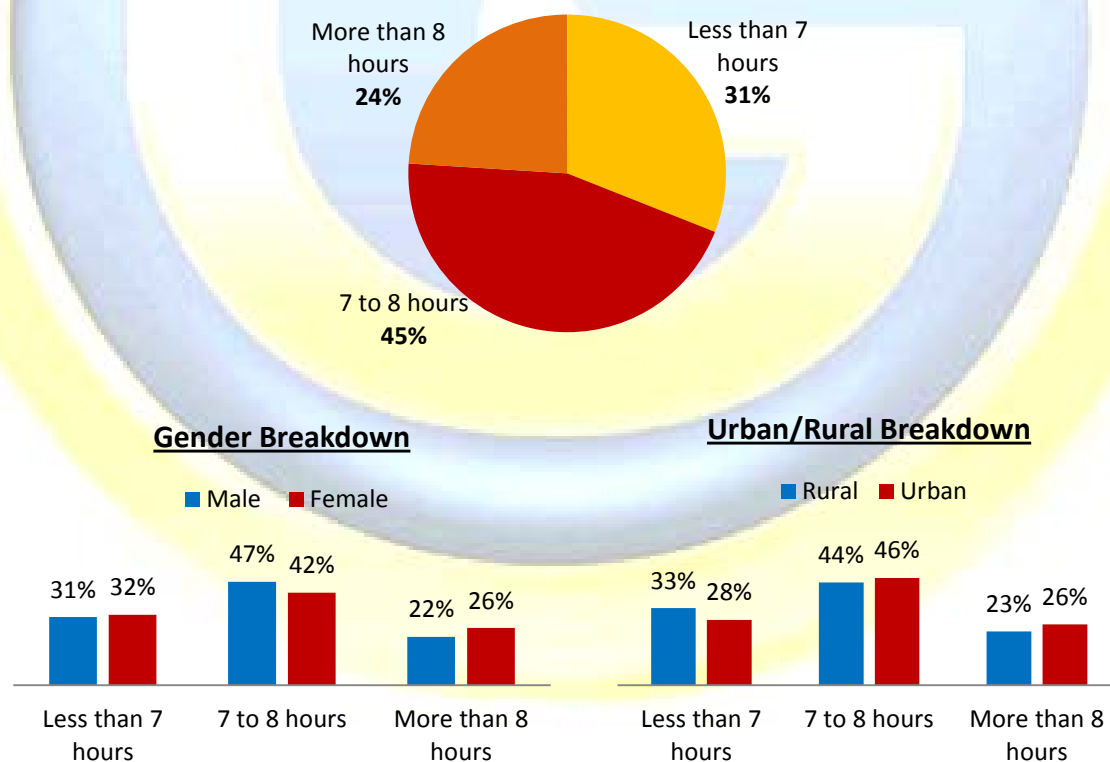
According to a Gilani Research Foundation Survey carried out by Gallup Pakistan, 45% Pakistanis sleep between 7 to 8 hours.

A nationally representative sample of men and women from across the four provinces was asked, “How many hours do you sleep at night approximately?” In response to this question, 45% respondents said that they slept 7 to 8 hours, 31% said that they slept less than 7 hours, while 24% said that they slept more than 8 hours a day approximately.

According to a gender breakdown, more men sleep between 7 to 8 hours, but more women sleep more than 8 hours. 47% men and 42% women said that they slept between 7 to 8 hours approximately, while 26% women and 22% men said that they slept more than 8 hours a day.

According to an urban/rural breakdown, more rural residents sleep less than 7 hours, and more urban residents sleep both, between 7 to 8 hours and more than 8 hours. 33% rural and 28% urban dwellers sleep less than 7 hours, while 26% urban and 23% rural dwellers sleep more than 8 hours. Moreover, 44% rural and 46% urban dwellers sleep between 7 to 8 hours.

Question: “How many hours do you sleep at night approximately?”



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

The study was released by Gilani Research Foundation and carried out by Gallup Pakistan, the Pakistani affiliate of Gallup International. The recent survey was carried out among a sample of 1842 men and women in rural and urban areas of all four provinces of the country, during May 23 - May 30, 2016. Error margin is estimated to be approximately $\pm 2-3$ per cent at 95% confidence level.



Opinion Poll from Gallup Pakistan
The Pakistani Affiliate of Gallup International



Wednesday, July 27, 2016

(3 Pages, English version Only)

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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Disclaimer: Gallup Pakistan is not related to Gallup Inc. headquartered in Washington D.C. USA. We require that our surveys be credited fully as Gallup Pakistan (not Gallup or Gallup Poll). We disclaim any responsibility for surveys pertaining to Pakistani public opinion except those carried out by Gallup Pakistan, the Pakistani affiliate of Gallup International Association. For details on Gallup International Association see website: www.gallup-international.com



Daily Gilani Poll
2016



of Gallup Pakistan
(1980-2016)