

Opinion Poll
SOCIAL BEHAVIOR
Sleeping Habits

53% Pakistanis claim to sleep approximately between 7 to 8 hours at night; others sleep less (20%) or more (26%). (GALLUP & GILANI PAKISTAN POLL)

Islamabad, November 27, 2017

According to a Gilani Research Foundation Survey carried out by Gallup & Gilani Pakistan, 53% Pakistanis claim to sleep approximately between 7 to 8 hours at night; others sleep less (20%) or more (26%).

A nationally representative sample of men and women from across the four provinces was asked, “How many hours do you sleep for at night approximately?” In response to this question, 20% respondents said that they slept less than 7 hours, 53% said that they slept between 7 to 8 hours, while 26% said that they slept for more than 8 hours approximately. 1% did not respond.

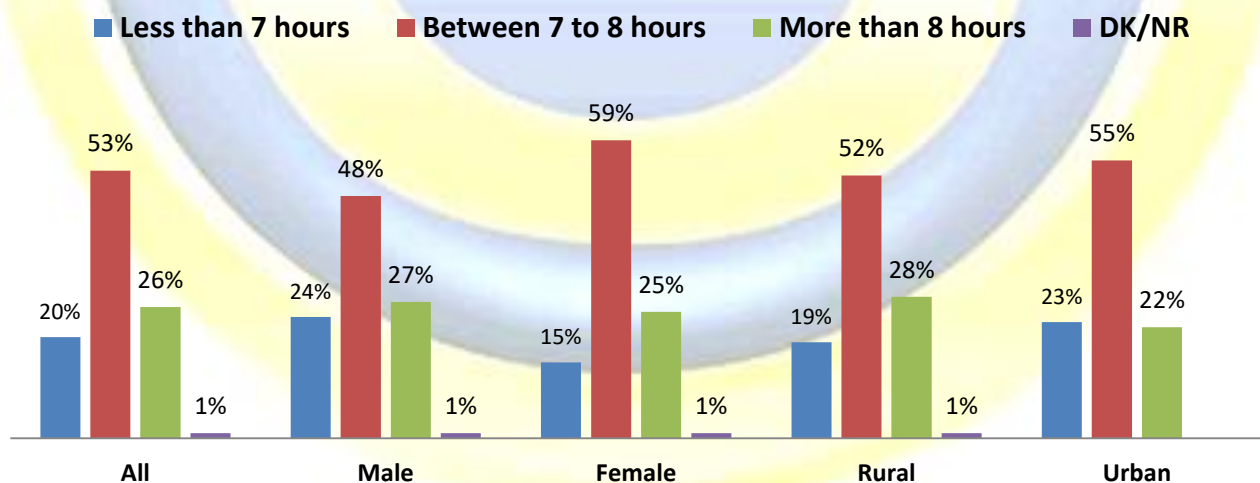
Gender Breakdown:

24% men and 15% women said they slept less than 7 hours. 48% men and 59% women said that they slept between 7 to 8 hours approximately, while 27% men and 25% women said that they slept more than 8 hours a day. 1% each male and female respondent did not answer.

Rural Urban Breakdown:

According to an urban/rural breakdown, 19% rural and 23% urban dwellers sleep less than 7 hours. 52% rural and 55% urban dwellers sleep between 7 to 8 hours. While 28% rural and 22% urban dwellers sleep more than 8 hours. 1% rural respondents did not answer.

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



Source: Gallup & Gilani Pakistan Poll
Field work conducted by Gallup & Gilani 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 & Gilani Pakistan, the Pakistani affiliate of Gallup International. The recent survey was carried out among a sample of 1776 men and women in rural and urban areas of all four provinces of the country, October 16 – October 23, 2017. 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



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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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2017



of Gallup Pakistan
(1980-2017)