

Opinion Poll
SOCIAL BEHAVIOR
Sleeping Habits

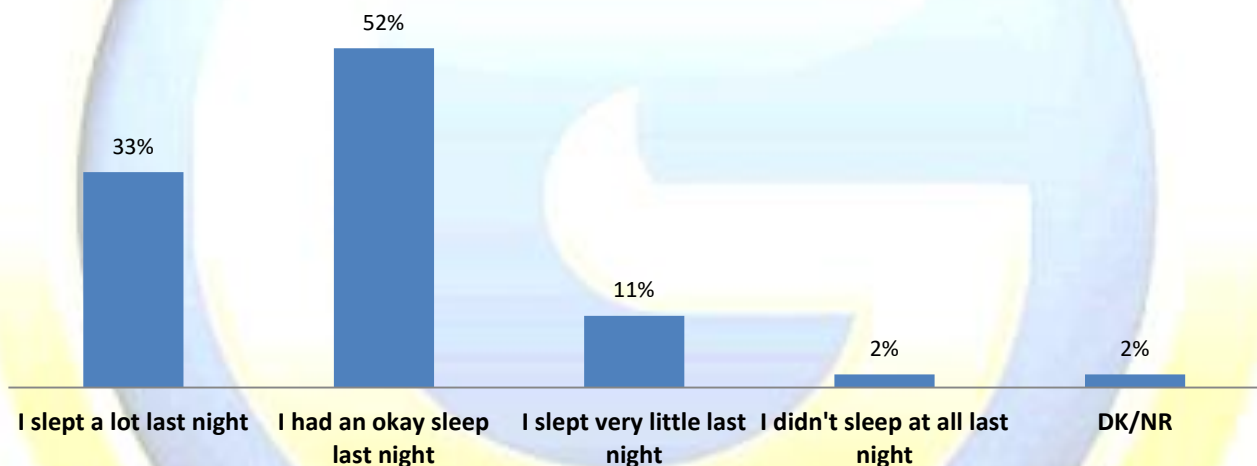
**85% Pakistanis claim to sleep well at night. 13% say they did not have a sound sleep (slept very little/not at all).
(GALLUP & GILANI PAKISTAN POLL)**

Islamabad, November 28, 2017

According to a Gilani Research Foundation Survey carried out by Gallup & Gilani Pakistan, 85% Pakistanis claim to sleep well at night. 13% say they did not have a sound sleep (slept very little/not at all).

A nationally representative sample of men and women from across the four provinces was asked, “Suppose if you had to explain your last night's sleep, how would you explain it?” In response to this question, 33% said they slept a lot last night, 52% said they had an okay sleep last night, 11% said they slept very little and 2% said they didn't sleep at all last night. 2% did not respond.

Question: “Suppose if you had to explain your last night's sleep, how would you explain it?”



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)

Bilal I Gilani, Executive Director at Gallup & Gilani Pakistan adds that the poll was conducted in light of increasing incidence of sleep disorders being reported worldwide and resultant health burden on public and private health facilities.

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 ± 2 -3 per cent at 95% confidence level.



Opinion Poll from Gallup Pakistan

The Pakistani Affiliate of Gallup International



Tuesday, November 28, 2017

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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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of Gallup Pakistan
(1980-2017)