

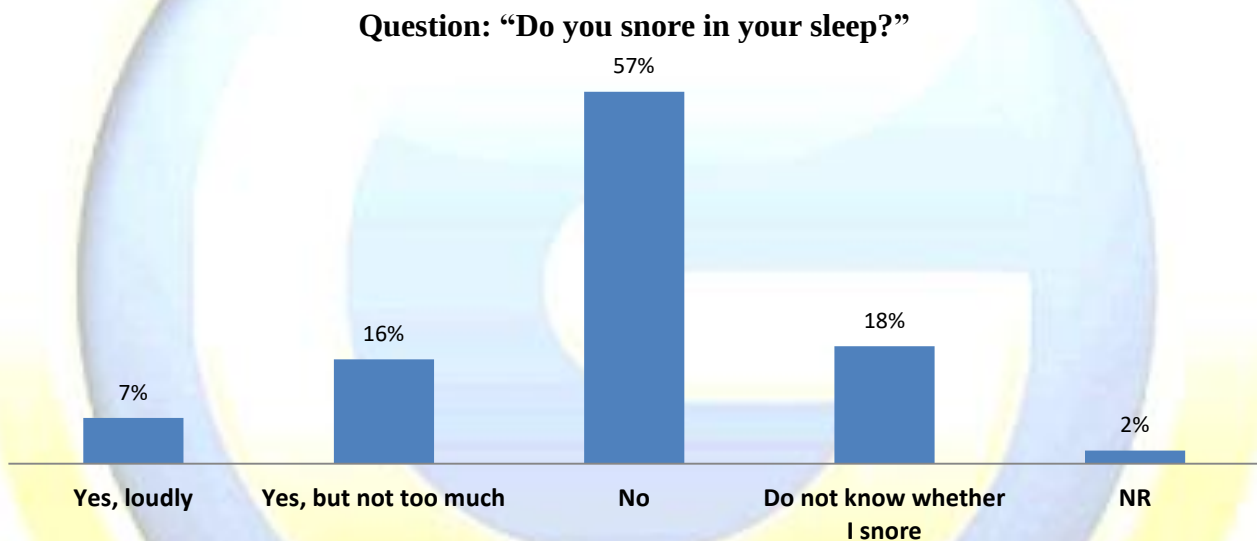
Opinion Poll
SOCIAL BEHAVIOR
Sleeping Habits

**Nearly a quarter (23%) Pakistanis claim to snore during sleep.
(GALLUP & GILANI PAKISTAN POLL)**

Islamabad, November 29, 2017

According to a Gilani Research Foundation Survey carried out by Gallup & Gilani Pakistan, nearly a quarter (23%) Pakistanis claim to snore during sleep.

A nationally representative sample of men and women from across the four provinces was asked, “Do you snore in your sleep?” In response to this question, 7% said yes they snored loudly, 16% said yes but not too much, and 57% said no they did not snore, 18% said they did not know whether they snored and 2% did not respond.



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 “Occasional snoring is usually not very serious, however, habitual snorers can be at risk for serious health problems including sleep apnea, chronic headaches, obesity and other issues.”

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



Wednesday, November 29, 2017

(2 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,

Ms. Fatima Idrees

Phone: +92-51-2655630

E-mail: fatima.idrees@gilanifoundation.com

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Daily Gilani Poll
2017



of Gallup Pakistan
(1980-2017)