

Opinion Poll
SOCIAL BEHAVIOR
Sleeping Habits

**1 in 3 Pakistanis (31%) say there is someone in their house who snores loudly and disrupts other people's sleep.
(GALLUP & GILANI PAKISTAN POLL)**

Islamabad, November 30, 2017

According to a Gilani Research Foundation Survey carried out by Gallup & Gilani Pakistan, 1 in 3 Pakistanis (31%) say there is someone in their house who snores loudly and disrupts other people's sleep.

A nationally representative sample of men and women from across the four provinces was asked, "Is there any such person in your house who snores so loudly that it affects/disrupts other people's sleep?" In response to this question, 31% said yes there is such a person in their house and 67% no there wasn't any such person who snored loudly. 2% did not respond.

Question: "Is there any such person in your house who snores so loudly that they affect/disrupt other people's sleep?"



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 ± 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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of Gallup Pakistan
(1980-2017)