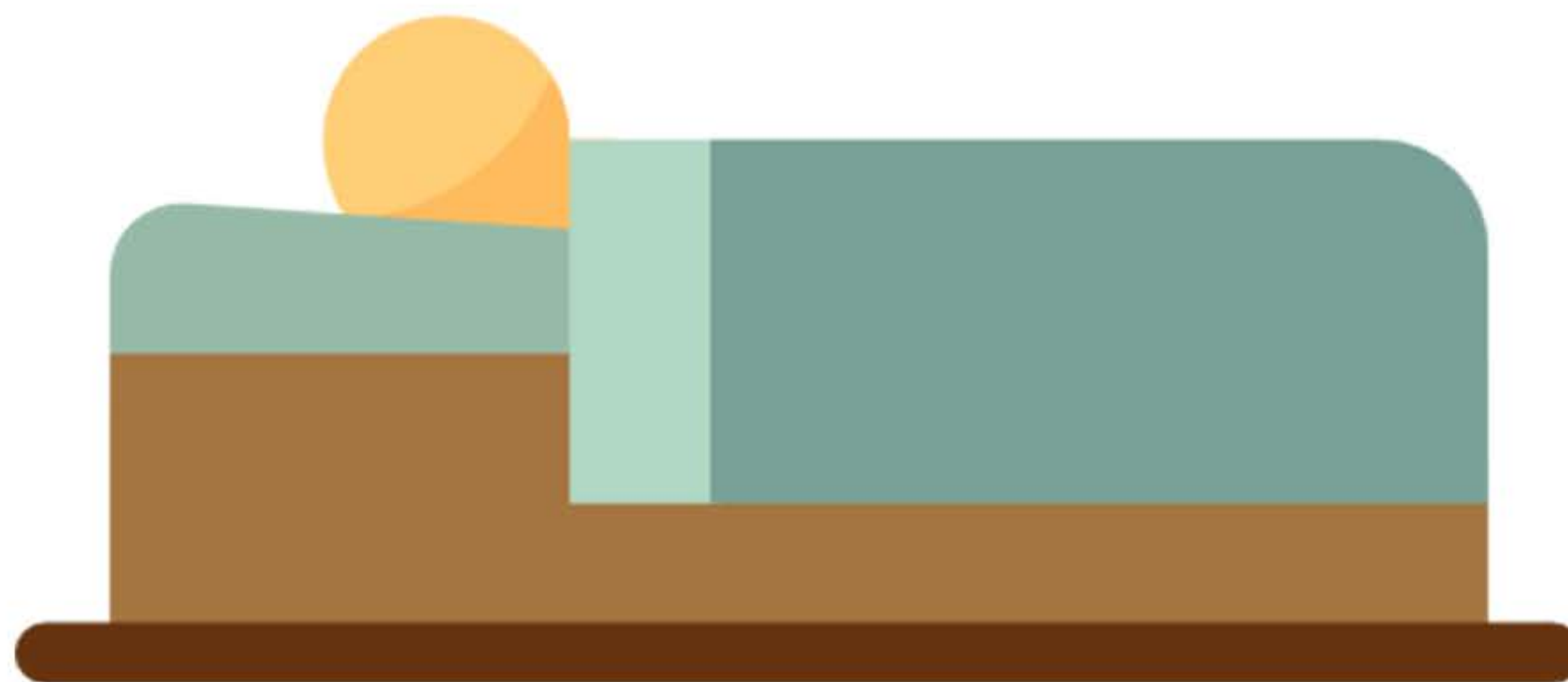


DECEMBER 04, 2018

SLEEPING PATTERNS: 45% PAKISTANIS CLAIM TO SLEEP WELL (ALWAYS OR MOSTLY), 28% SAY THAT THEY ARE UNABLE TO SLEEP PEACEFULLY.

How often would you say that you sleep well?



SOURCE: GALLUP & GILANI SURVEYS - SAMPLE SIZE: 1601

Nationally Representative Sample covering both rural and urban respondents across Pakistan's four provinces.

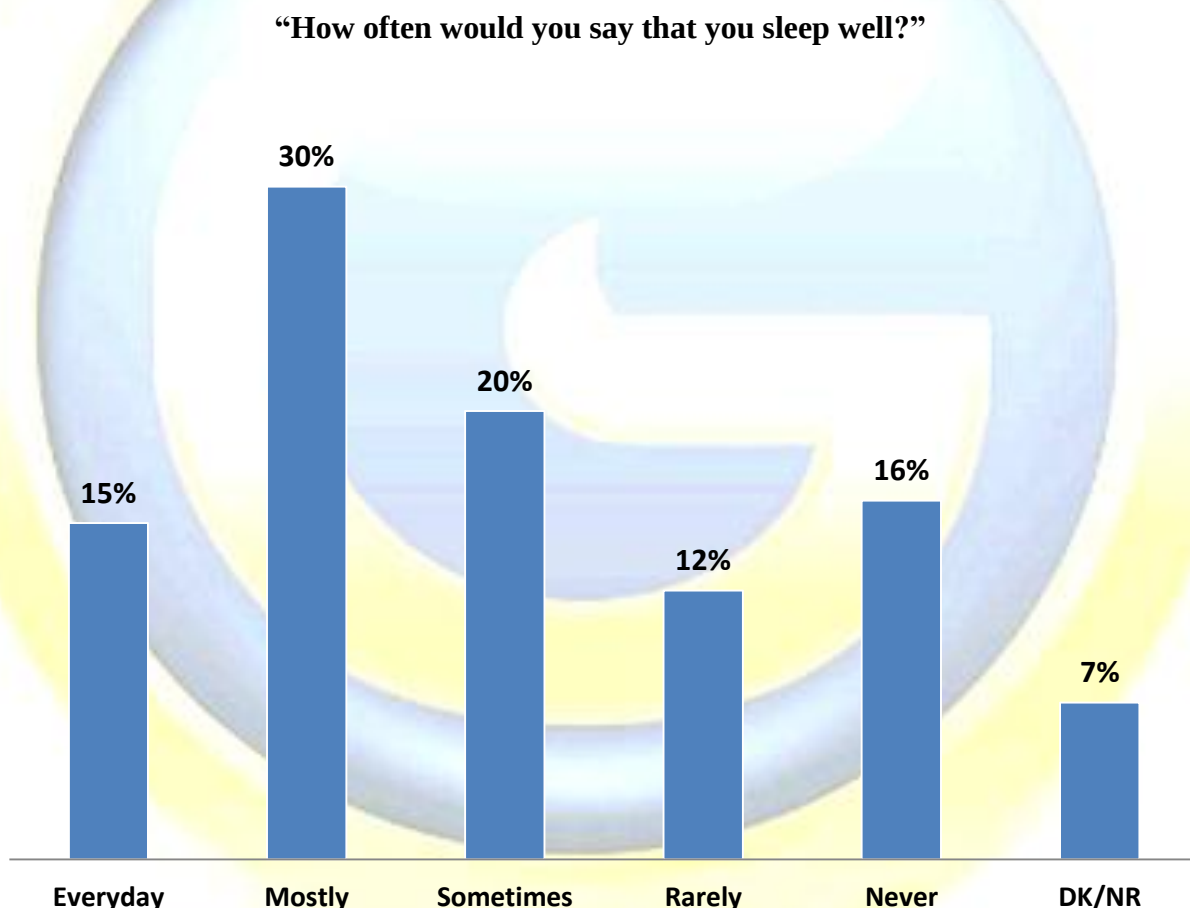
Opinion Poll
SOCIAL BEHAVIOR
Sleeping Habits

Sleeping patterns: 45% Pakistanis claim to sleep well (always or mostly), 28% say that they are unable to sleep peacefully. (GALLUP & GILANI PAKISTAN POLL)

Islamabad, December 4, 2018

According to a Gilani Research Foundation Survey carried out by Gallup & Gilani Pakistan, 45% Pakistanis claim to sleep well (always or mostly), 28% say that they are unable to sleep peacefully.

A nationally representative sample of men and women from across the four provinces was asked “How often would you say that you sleep well?” In response to this question, 15% said always, 30% said mostly, 20% said sometimes, 12% said rarely, 16% said never while 7% did not know or respond to the question.



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 1601 men and women in rural and urban areas of all four provinces of the country, October 22-October 29, 2018. Error margin is estimated to be approximately $\pm 2\text{-}3$ per cent at 95% confidence level.

Opinion Poll from Gallup Pakistan



The Pakistani Affiliate of Gallup International



Tuesday, December 04, 2018

(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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Daily Gilani Poll
2018



of Gallup Pakistan
(1980-2018)