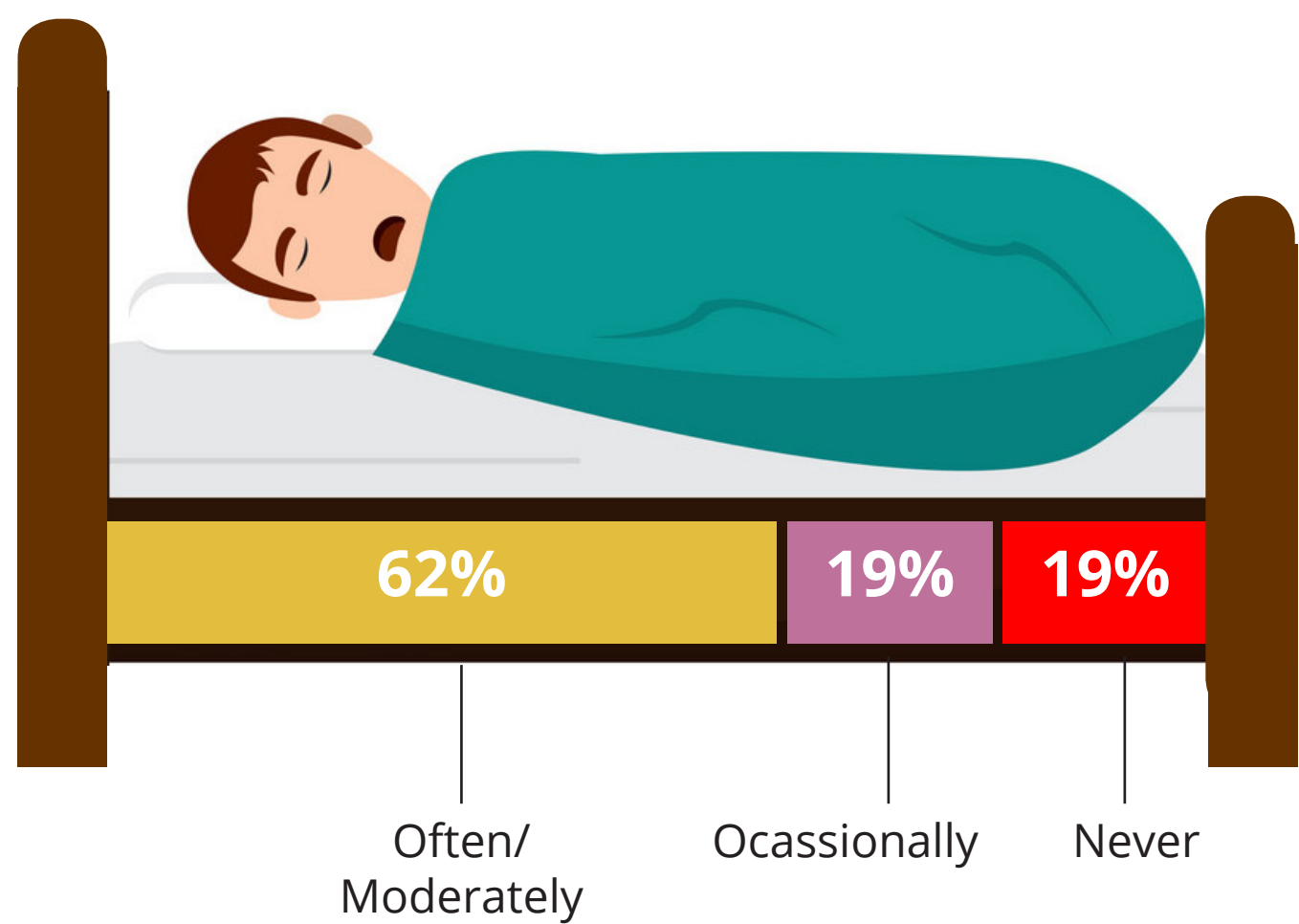


MAY 12, 2020

1 IN 5 PAKISTANIS (19%) SAY THEY ARE UNABLE TO SLEEP WELL AT NIGHT. A HIGHER PROPORTION OF FEMALE THAN MALE RESPONDENTS REPORT THE SAME (GALLUP & GILANI PAKISTAN POLL)

How often would you say that you sleep well?



GALLUP AND GILANI PAKISTAN POLL- SAMPLE SIZE: 1219
 Nationally Representative Sample covering both rural and urban respondents across the country.
 Note: This survey was conducted before the Coronavirus epidemic and does not represent views of people during ongoing lockdowns and isolation



Opinion Poll

HEALTH

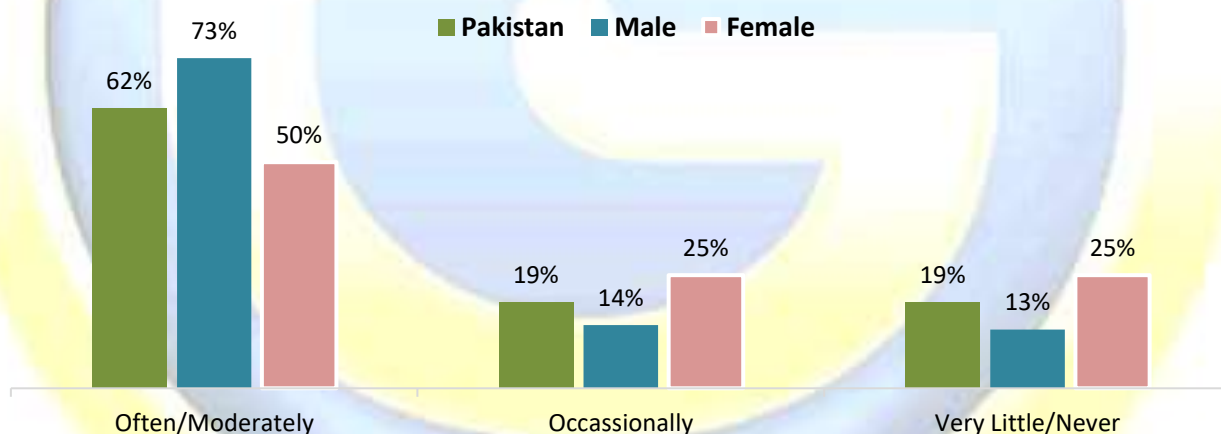
1 in 5 Pakistanis (19%) say they are unable to sleep well at night. A higher proportion of female than male respondents report the same (Gallup & Gilani Pakistan Poll)

Islamabad, 12th May, 2020

According to a Gilani Research Foundation Survey carried out by Gallup & Gilani Pakistan, 1 in 5 Pakistanis (19%) say they are unable to sleep well at night. A higher proportion of female than male respondents report the same.

A nationally representative sample of adult men and women from across the four provinces was asked the following question: *“How often would you say that you sleep well?”* In response to this question, 62% said they very often/moderately sleep well, while 19% said they occasionally sleep well, and 19% said very little or never sleep well.

Gender Breakdown: A higher proportion of females (25%) than males (13%) is likely to report that they are unable to sleep well at night.

Question: “How often would you say that you sleep well?”

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)

Note: This survey was conducted before the Coronavirus epidemic and does not represent views of people during ongoing lockdowns and isolation

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 1,219 men and women in urban and rural areas of all four provinces of the country, during December 24 – December 31, 2019. The error margin is estimated to be approximately ± 2 -3 percent at the 95% confidence level.



Opinion Poll from Gallup Pakistan
The Pakistani Affiliate of Gallup

Tuesday, 12th May, 2020

(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.

Phone: +92-51-2655630

E-mail: caf@gallup.com.pk



of Gallup Pakistan
(1980-2020)

Disclaimer: Gallup Pakistan is not related to Gallup Inc. headquartered in Washington D.C. USA. We require that our surveys be credited fully as Gallup Pakistan (not Gallup or Gallup Poll). We disclaim any responsibility for surveys pertaining to Pakistani public opinion except those carried out by Gallup Pakistan, the Pakistani affiliate of Gallup International Association. For details on Gallup International Association see website: www.gallup-international.com