



Press Release
**Health Perception and Lifestyle
Sleep**

40 % of Pakistanis (18 % more than the global average) say that they sleep well very often while 7 % claimed that they never sleep well: WIN International and Gallup & Gilani Pakistan

(Islamabad), April 7, 2021

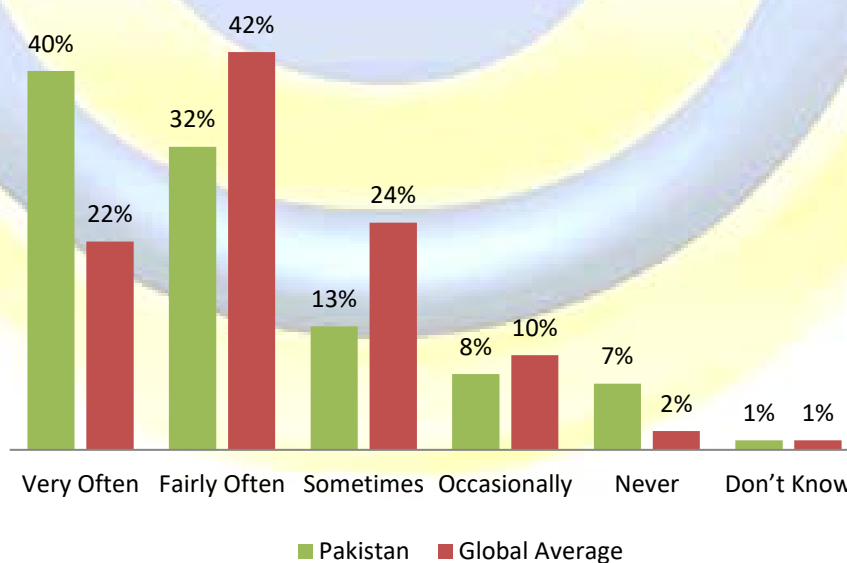
WIN International, the world's leading association in market research and polling, has published the Annual WIN World Survey (WWS - 2020) exploring the views and beliefs of 29,252 individuals among citizens from 34 countries across the globe about their health and lifestyle. The survey analyzes views and opinions related to the perception of health and habits of citizens.

A nationally representative sample of adult men and women from across the four provinces of Pakistan was asked the following question, **“How often would you say that you sleep well?”** 40% of respondents said that they sleep well very often, 8% said that they sleep well occasionally, 13% of the respondents said that they sleep well sometimes, 7% of the respondents said that they never sleep well.

Global picture: Pakistanis more likely to claim they sleep well than global average

Globally, 2% claim to never sleep well, 10% claim to sleep well occasionally, 24% sometimes, 42% fairly often and 22% very often.

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



Source: WIN International Survey 2021
Field work conducted by Gallup & Gilani Pakistan
(www.gallup-international.com; www.gallup.com.pk, www.gilanifoundation.com)

The study was released by WIN International and carried out by Gallup & Gilani Pakistan, the Pakistani affiliate of Gallup International. The survey was carried out among a sample of 1103 men and women in urban and rural areas of all four provinces of Pakistan, between 5th November and 15th November 2020. The global sample was 29,252. The margin of error for the survey is between 4.4 and 2.5 at 95% confidence level. The global average has been computed according to the covered adult population of the surveyed countries.



Opinion Poll from Gallup Pakistan
The Pakistani Affiliate of Gallup

Wednesday, April 7, 2021

(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,
Gallup Pakistan*

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Daily Gilani Poll
2021



of Gallup Pakistan
(1980-2021)