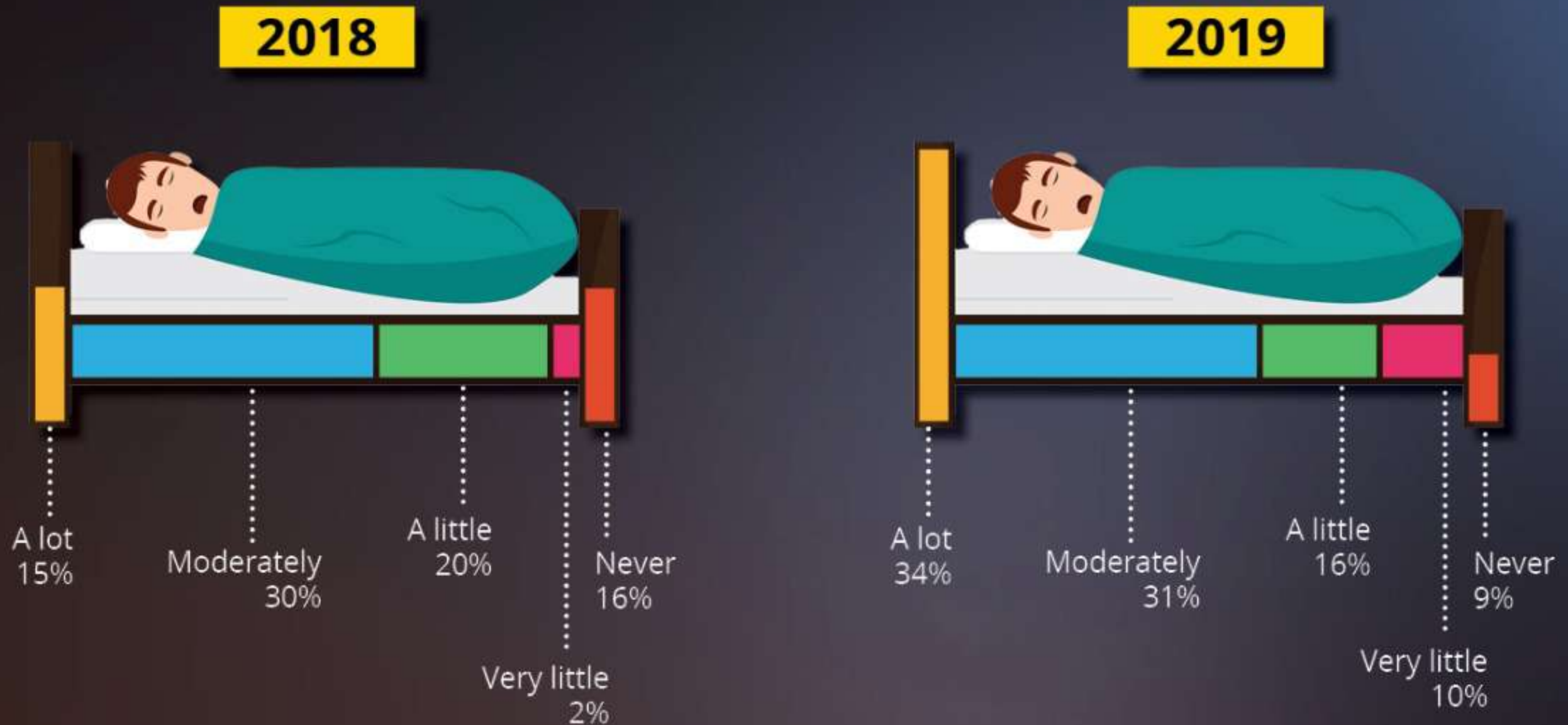


Between 2018-2019, 20% rise in the proportion of Pakistanis who reported sleeping well often (Gallup & Gilani Pakistan Poll)

How often do you sleep well?



DON'T KNOW / NO RESPONSE: NOT SHOWN

Source: Gallup & Gilani Pakistan Poll
The Pakistani affiliate of Gallup International Association



Public Opinion in Pakistan Since Year 2018

SOCIAL Behavior Health Care

Between 2018-2019, 20% rise in the proportion of Pakistanis who reported sleeping well often (Gallup & Gilani Pakistan Poll)

Islamabad, June 04, 2020

In a Gallup & Gilani Pakistan National Survey conducted in the year 2018, respondents were asked “How often do you sleep well?” In response 16% said never, 2% occasionally, 20% said sometimes, 30% said fairly often and 15% said very often.

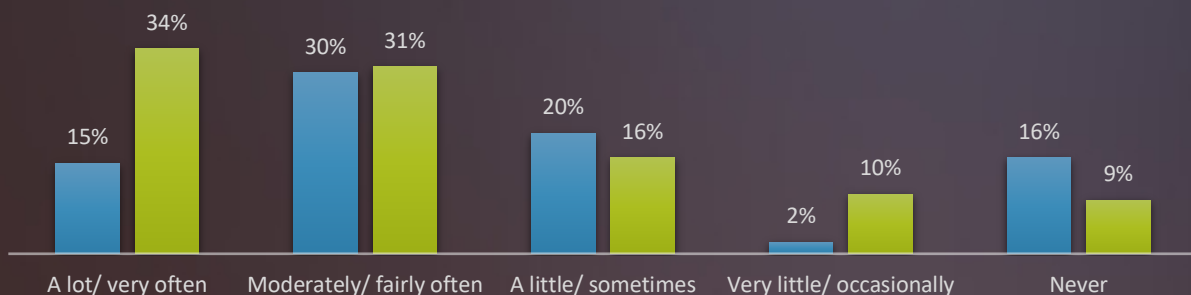
Comparative Picture: This question was asked again in 2019 to enable a comparison to be made across the years. In 2019, 9% said never, 10% occasionally, 16% said sometimes, 31% said fairly often and 34% said very often.

Trend Analysis: In 2018, 45% Pakistanis reported sleeping well very often or fairly often while in 2019 65% respondents reported sleeping well very/ fairly often. Between the two years there was a 7% decline in the proportion of Pakistanis who reported never sleeping well.

This press release has been made as part of the Gallup Pakistan History Project which aims to release historical empirical polling data to wider audiences. The objective is to sustain and encourage empirical decision making in Pakistan.

Question: “How often do you sleep well?”

■ 2018 ■ 2019



Don't Know/ No Response not shown

Source: Gallup & Gilani Pakistan Poll

The Pakistani affiliate of Gallup International Association

(www.gallup-international.com; www.gallup.com.pk; www.gilanifoundation.com)

Aim and Rationale for Gallup Pakistan History Project

Bilal I Gilani, who is Executive Director at Gallup Pakistan and is Director of Gallup Pakistan History Project explains the aim of the Project as follows: ‘Gallup Pakistan has been polling in Pakistan since 1979 (over 40 years). During this time millions of Pakistanis have been surveyed by over a thousand interviewers of Gallup. In 2014, Gallup Pakistan has decided to release historical Public Opinion data and this Press Release is part of Gallup Pakistan’s History Project. This endeavor is dedicated to all those who hope for a more empirical understanding of Pakistani Issues. For more information about Gallup History Project, please contact caf@gallup.com.pk

Opinion Poll from Gallup Pakistan



The Pakistani Affiliate of Gallup International



Thursday, June 04, 2020

(3 Pages including this)

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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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

Disclaimer: Gallup Pakistan and Gilani Research foundation are a nonpartisan fact tank and think tank respectively. As a neutral source of data and analysis, both organizations do not take policy positions.



of Gallup Pakistan
(1980-2020)