

19th April, 2024

3 OUT OF 5 PAKISTANIS (61%) REPORT EXPERIENCING LACK OF SLEEP DURING RAMADAN: GALLUP & GILANI PAKISTAN

ہر 5 میں سے 3 (61%) پاکستانیوں نے رمضان میں نیند کی کمی کا سامنا کرنے کی اطلاع دی۔

Question: Do you feel a lack of sleep during Ramadan?



Don't know/ No response: 2%



PRESS RELEASE

Opinion Poll

Social behaviour

Sleeping habits

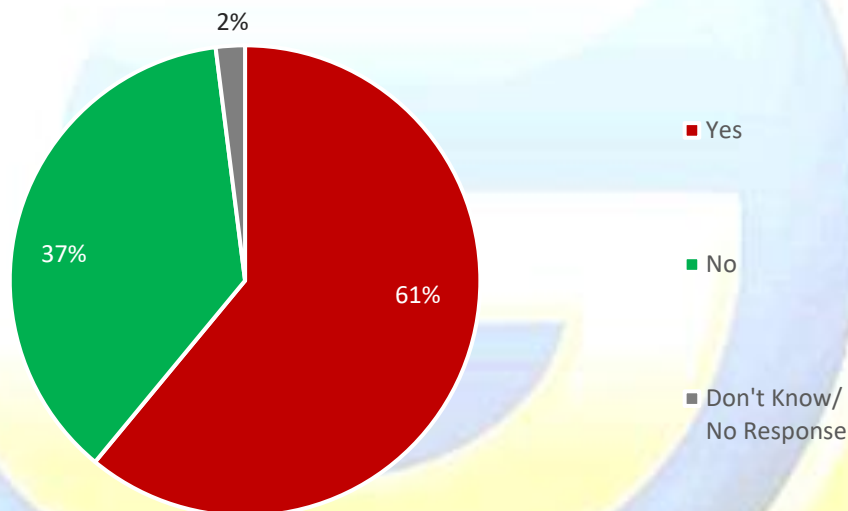
3 out of 5 Pakistanis (61%) report experiencing lack of sleep during Ramadan: Gallup & Gilani Pakistan

(Islamabad) 19th April, 2024

According to a survey conducted by Gallup & Gilani Pakistan, 3 out of 5 Pakistanis (61%) report experiencing lack of sleep during Ramadan.

A nationally representative sample of adult men and women from across the country was asked the question, “Do you feel a lack of sleep during Ramadan?” In response, 61% said ‘Yes’, 37% said ‘No’, and 2% said that they did not know or gave no response.

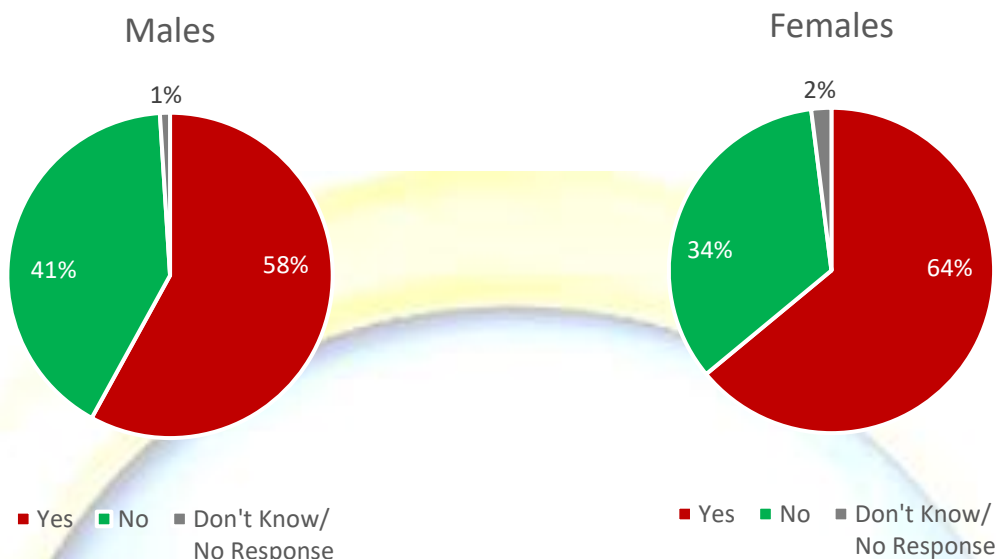
Question: Do you feel a lack of sleep during Ramadan?



Source: Gallup & Gilani Pakistan
(www.gallup-international.com; www.gallup.com.pk; www.gilanifoundation.com)

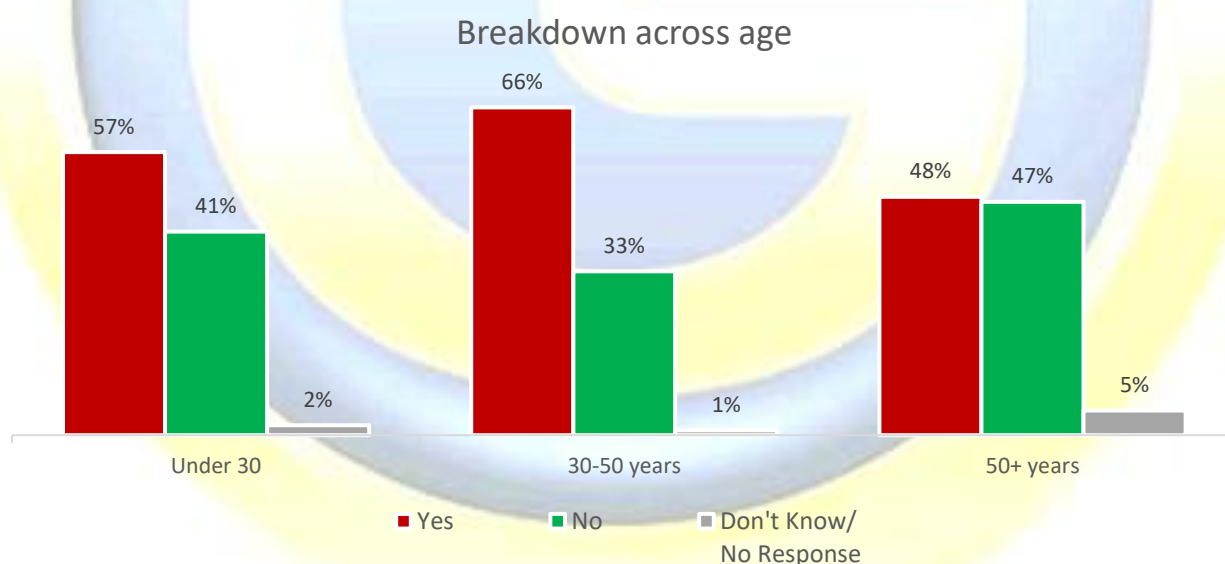
The study in Pakistan was conducted and released by Gallup & Gilani Pakistan, the Pakistani affiliate of Gallup International. The recent survey was carried out among a sample of 2,161 men and women in urban and rural areas of all four provinces of the country, conducted from 18th- 25th March 2024. The error margin is estimated to be approximately $\pm 2-3$ percent at the 95% confidence level. The methodology used for data collection was telephonic surveys (CATI).

Across gender: Females in Pakistan are 6% more likely to report experiencing lack of sleep during Ramadan, compared to their male counterparts.



Source: Gallup & Gilani Pakistan
(www.gallup-international.com; www.gallup.com.pk, www.gilanifoundation.com)

Across Age: Individuals aged between 30- 50 years were most likely to report experiencing a lack of sleep (66%) during Ramadan, while those aged over 50 were least likely (48%).



Source: Gallup & Gilani Pakistan
(www.gallup-international.com; www.gallup.com.pk, www.gilanifoundation.com)

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Opinion Poll from Gallup Pakistan
The Pakistani Affiliate of Gallup
International



Friday, 19th April, 2024

(3 Pages, English version Only)

Gilani Research Foundation is a not-for-profit public service project to provide social science research to students, academia, policymakers, 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 Ph.D. 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
2024



of Gallup Pakistan
(1980-2024)