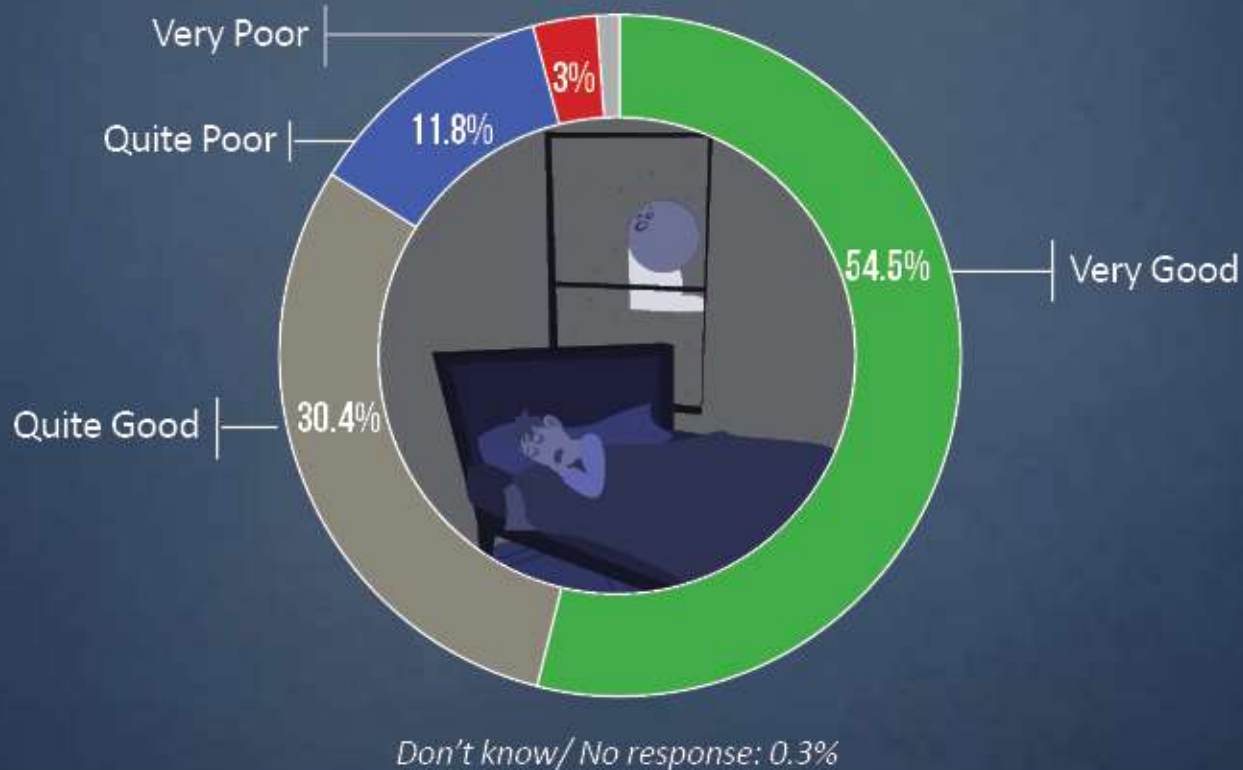


20th June, 2024

OVER HALF OF PAKISTANIS (54.5%) THINK THAT THEIR SLEEPING HABITS ARE VERY GOOD, WHILE 14.8% BELIEVE THEY ARE POOR, PAKISTANIS BEAT THE GLOBAL AVERAGE BY A MARGIN IN TERMS OF HAVING A GOOD SLEEP AT NIGHT: GALLUP PAKISTAN & WIN WORLD SURVEY 2024

نصف سے زائد (54.5%) پاکستانیوں کے مطابق وہ بہت پرسکون نیند لیتے ہیں، جبکہ 14.8% پاکستانیوں کا خیال ہے کہ وہ پرسکون / مکمل نیند نہیں لیتے ہیں۔ رات کو پرسکون نیند لینے کے حوالے سے پاکستانیوں نے عالمی ممالک کو ایک بڑے مارجن سے پیچھے چھوڑ دیا۔

Question: When thinking of your overall health, how would you rate your sleeping?





PRESS RELEASE

Opinion Poll

Healthcare

Sleeping habits

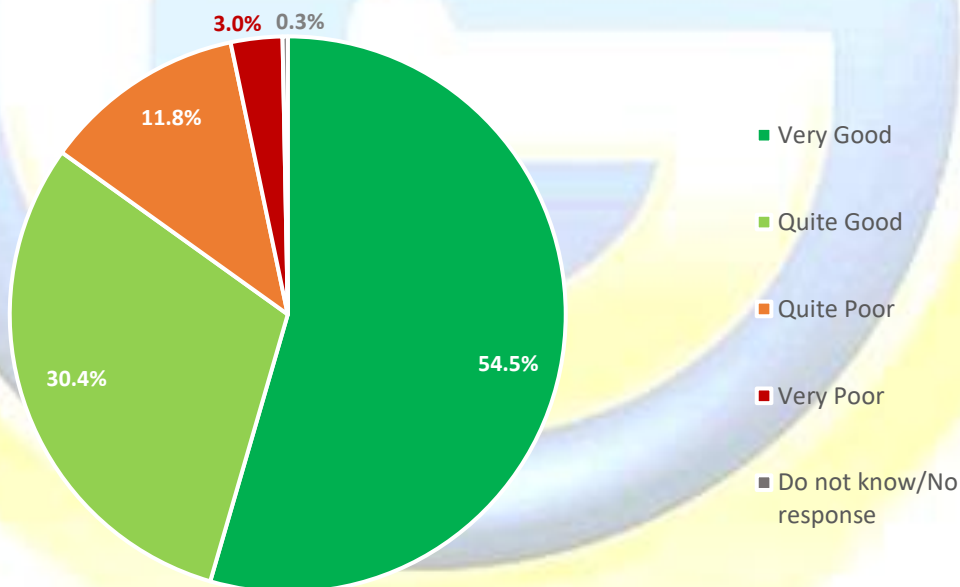
Over half of Pakistanis (54.5%) think that their sleeping habits are very good, while 14.8% believe they are poor, Pakistanis beat the global average by a margin in terms of having a good sleep at night: Gallup Pakistan & WIN World Survey 2024

(Islamabad) 20th June, 2024

According to a survey conducted by Gallup & Gilani Pakistan, over half of Pakistanis (54.5%) think that their sleeping habits are very good, while 14.8% believe they are poor, Pakistanis beat the global average by a margin in terms of having a good sleep at night.

A nationally representative sample of adult men and women from across the country was asked the question, “*When thinking of your overall health, how would you rate your sleeping?*” In response, 54.5% said “Very Good”, 30.4% said “Quite Good”, 11.8% said “Quite Poor”, 3% said “Very Poor”, and 0.3% said that they did not know or did not respond.

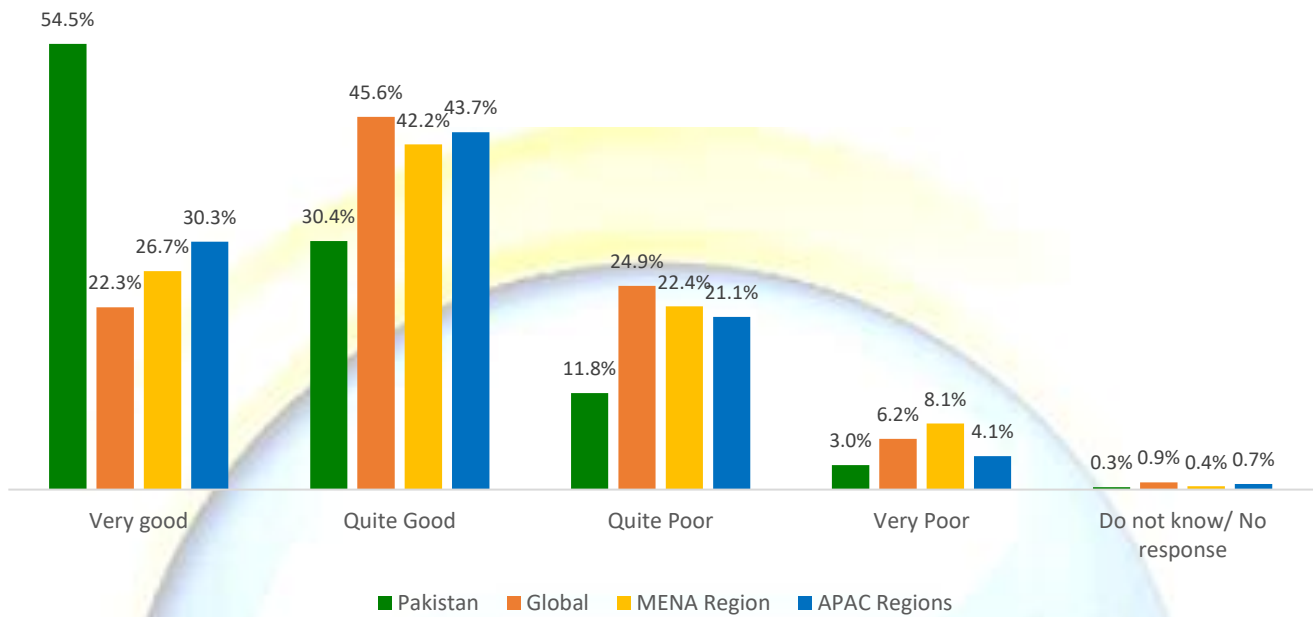
Question: When thinking of your overall health, how would you rate your sleeping?



Source: Gallup Pakistan & WIN World Survey 2024
(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 1,000 men and women in urban and rural areas of all four provinces of the country, conducted from 3rd – 17th January 2024. The error margin is estimated to be approximately ± 2 -3 percent at the 95% confidence level. The methodology used for data collection was telephonic surveys (CATI).

Global comparison: Pakistanis were 17% more likely to report having good sleeping habits (84.9%) compared to the global average (67.9%).



Source: Gallup Pakistan & WIN World Survey 2024
(www.gallup-international.com; www.gallup.com.pk, www.gilanifoundation.com)



Opinion Poll from Gallup Pakistan
The Pakistani Affiliate of Gallup
International



GILANI RESEARCH
FOUNDATION

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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)