## How the world sleeps



Most impacted by bed partner's sleep habits (such as snoring) 22%



U.S.

Most likely to take a 17% prescription drug 17% OTC sleep aid



Most time between 82% three or more hours



## Nearly 8,000 people in **10 countries**

participated in Philips global sleep survey, offering insights into how sleep differs around the world.





Least distracted by TV or technology at bedtime 9%

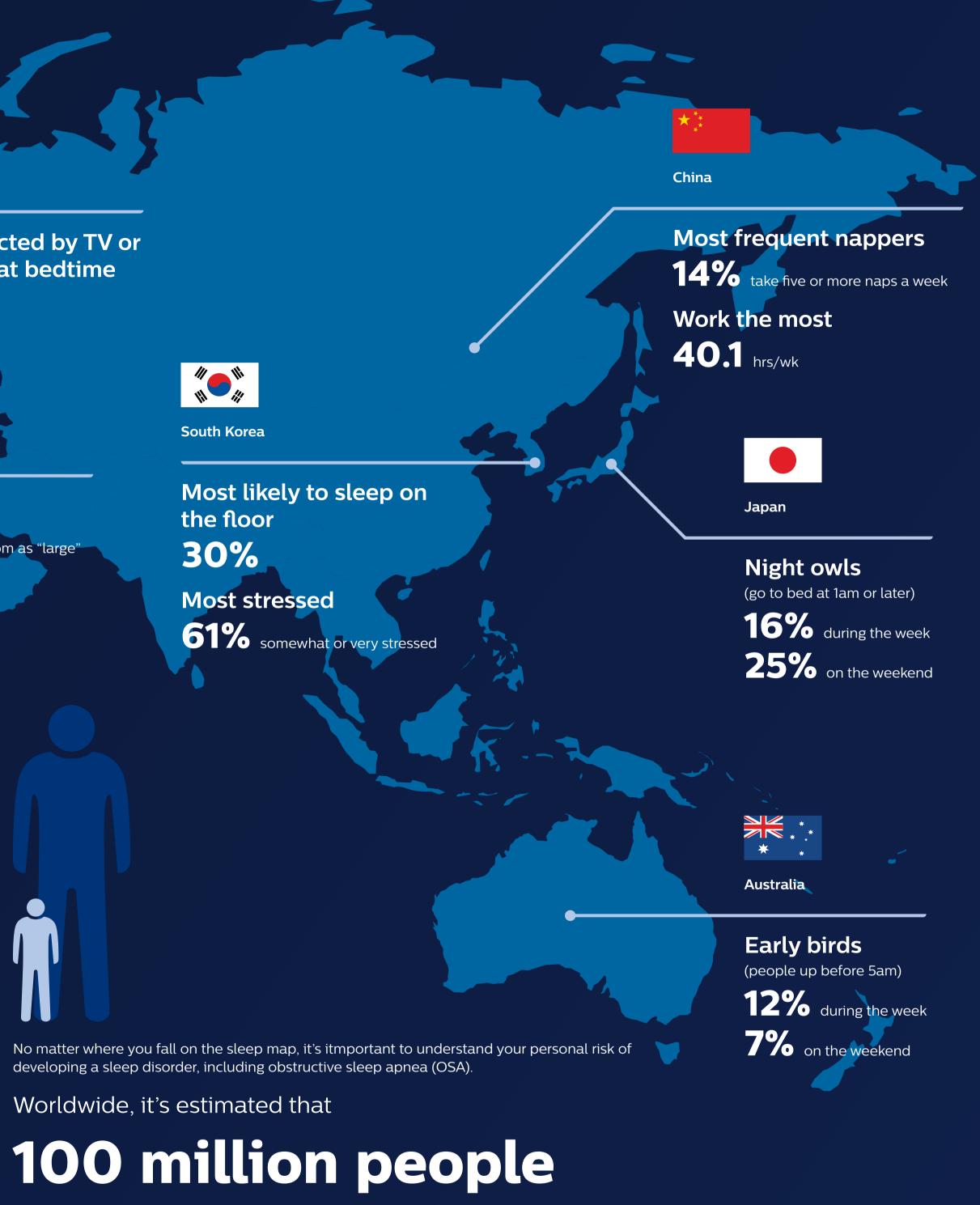
last meal and bedtime

Largest bedrooms **36%** described bedroom as "large"

France

Brazil

Least time between last meal and bedtime 40% less than two hours



have OSA, but some 80% go undiagnosed.\* \*http:// www.stopbang.ca/osa.php

To take our online OSA risk assessment to see if you should schedule a consultation with your doctor, visit www.sleepapnea.com