HOW THE THE NORLD SLEEPS

Sleeping satisfaction, patterns and times vary greatly from country to country, but the one thing that's consistent is that, on average, people worldwide don't get enough

AVERAGE TIME ASLEEP

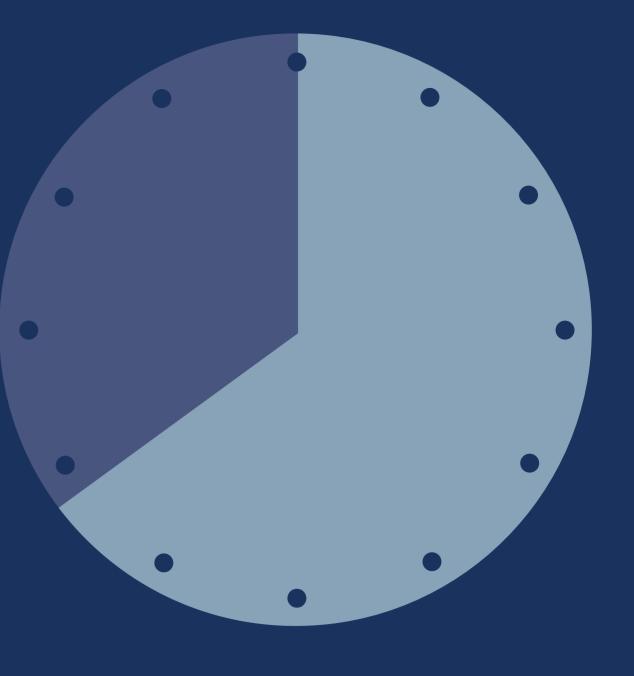
Study of adults across 12 countries

6.8 hours

Weeknight



Weekend



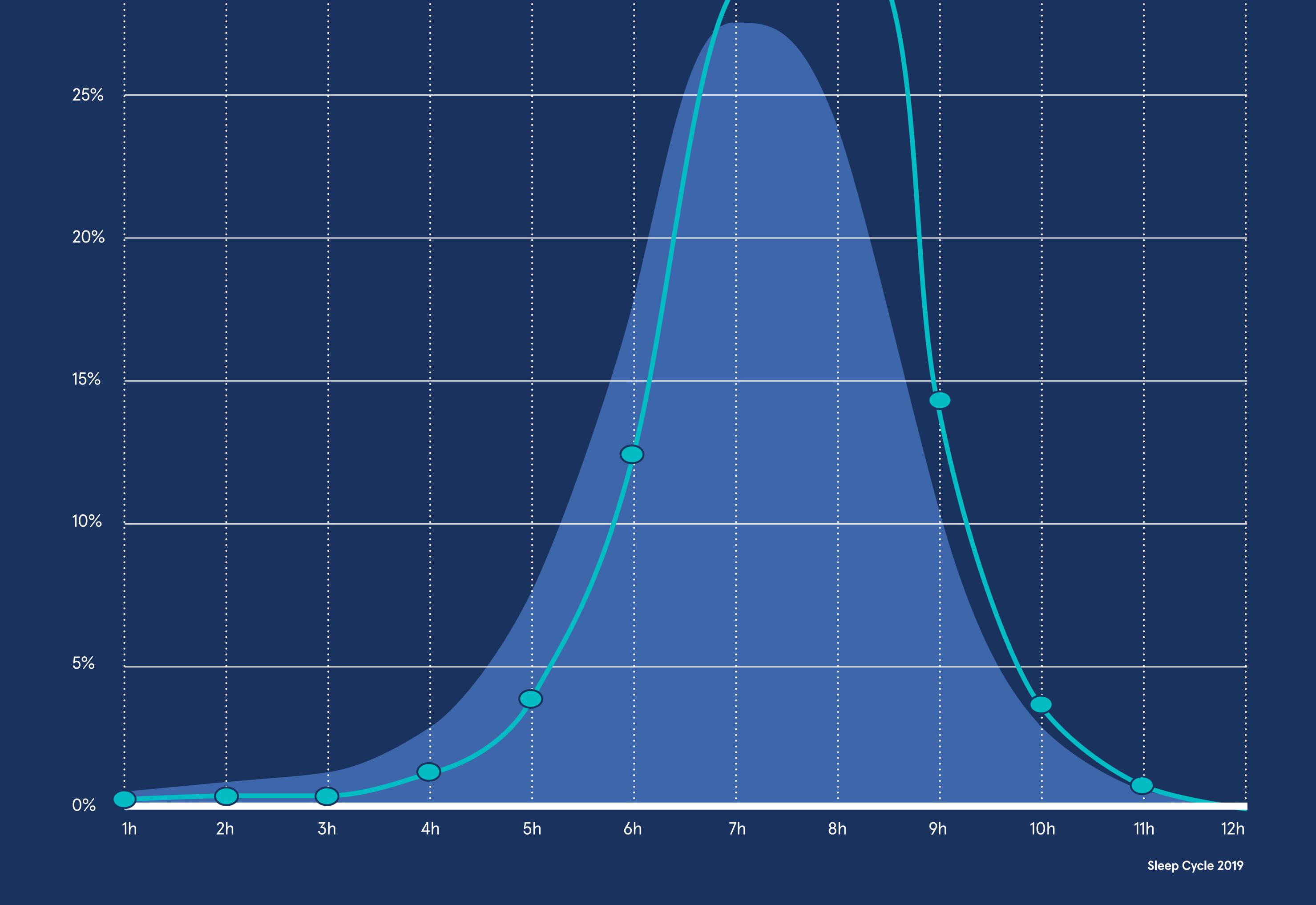
8 hours

Recommended

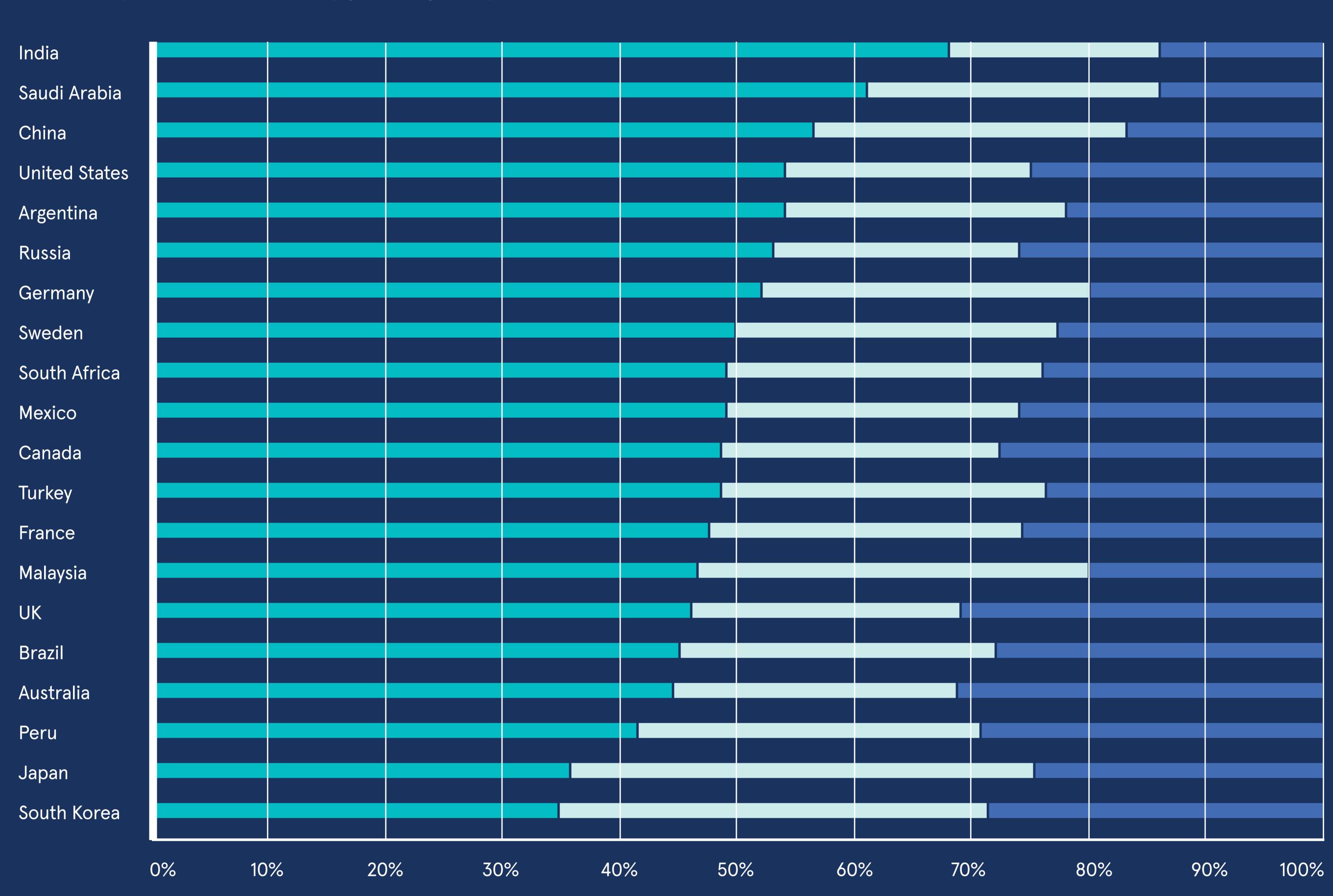
Philips 2019



Average hours slept by global users of the Sleep Cycle app; data for week ending June 25, 2019 UK World



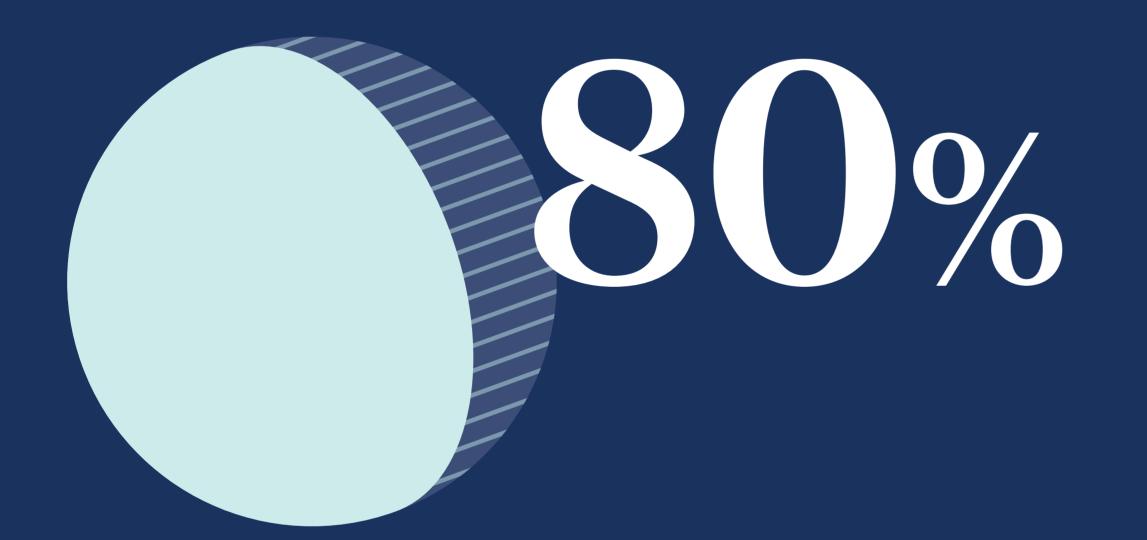
MOST RESTFUL POPULATIONS



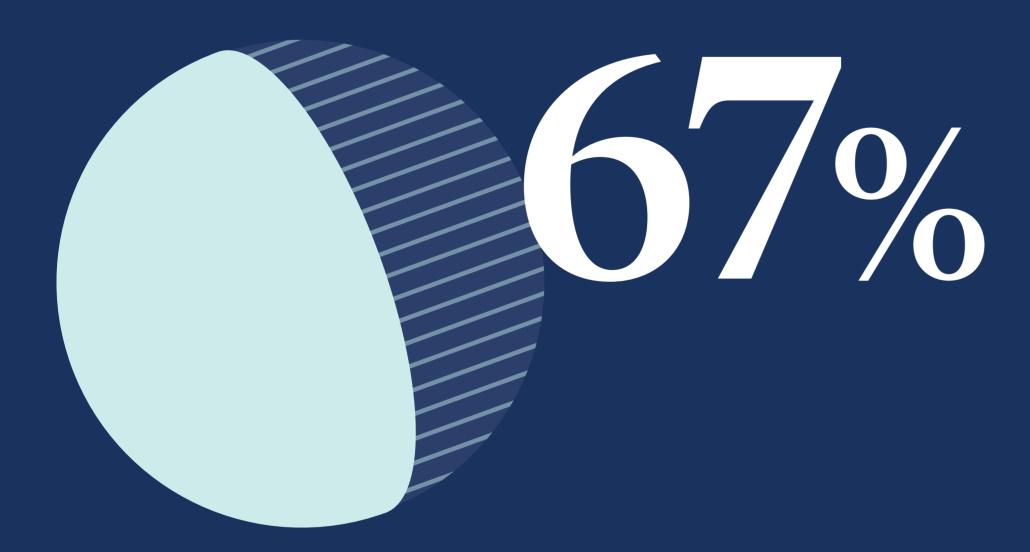
Global study of adults who feel they get enough sleep

lpsos 2018

Disagree



of global adults want to improve the quality of their sleep



typically wake up at least once during the night

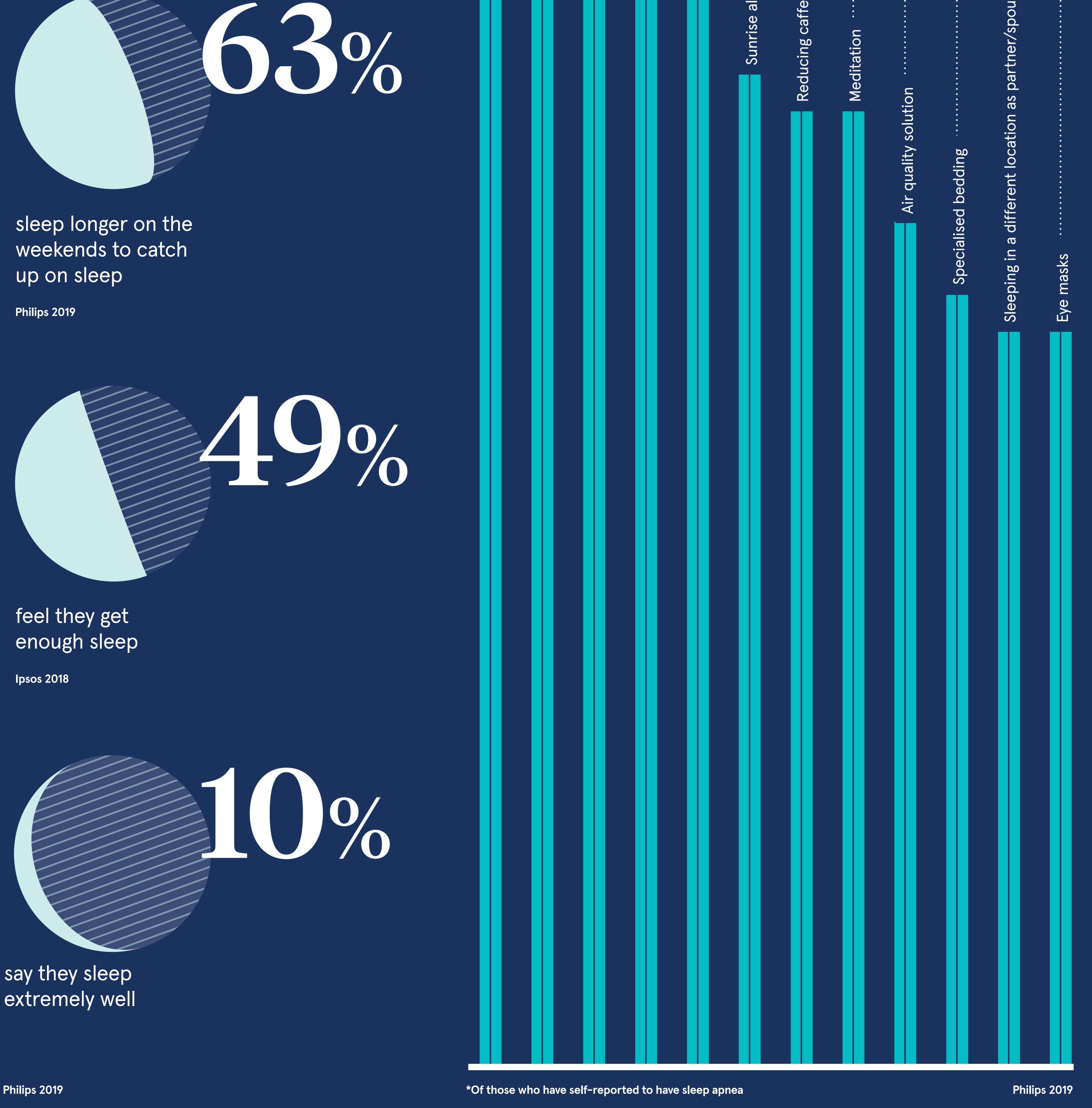
GLOBAL STRATEGIES TO IMPROVE SLEEP

Agree

Neither agree nor disagree

Percentage of global adults who do the following

Reading television watching television between solution solution set bedtime/wake-up schedule betwee solution between schedule between schedule between schedule between solution between schedule between schedul	39%	37%	37%	35%	30%	27%	26%	26%	23%	21%	20%	20%
Rear Watching televi Soothing music Sleep apnea therapy* Ing a set bedtime/wake-up schedule	•	•	•	•								
Rear Watching televi Soothing music Sleep apnea therapy* Ing a set bedtime/wake-up schedule	•	•	•	•								
Sleep apre Sleep apre mption	σ			• • • • • • • • • • • • • • • • • • • •	•				- - - - - - - - - - - - - - - - - - -	- - - - - - - - - - - - - - - - - - -		• • • • • • • • • • • • • • • • • • • •
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in the second seco					me/wake	• • • • • • • • • • • • • • • • • • • •		• • • • • • • • • • • • • • • • • • • •	• • • • • • • • • • • • • • • • • • • •		• • • • • • • • • • • • • • • • • • • •	
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RACONTEUR