

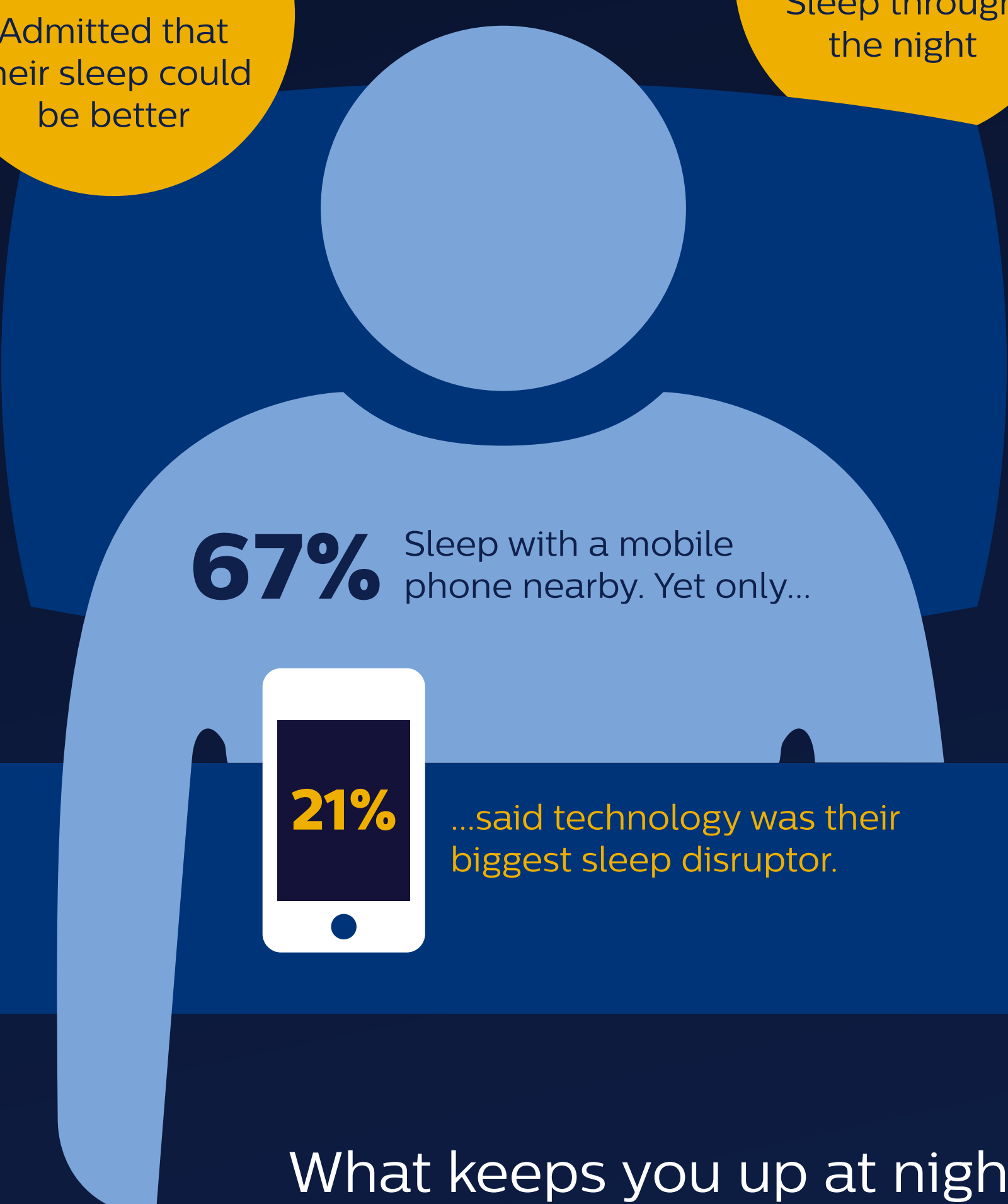
How the world sleeps

Of 7,817 people surveyed in 10 different countries

22%
Wake up before they would like five to seven times per week

57%
Admitted that their sleep could be better

17%
Sleep through the night



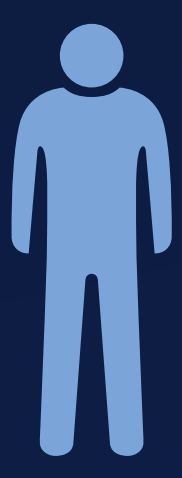
67% Sleep with a mobile phone nearby. Yet only...



...said technology was their biggest sleep disruptor.

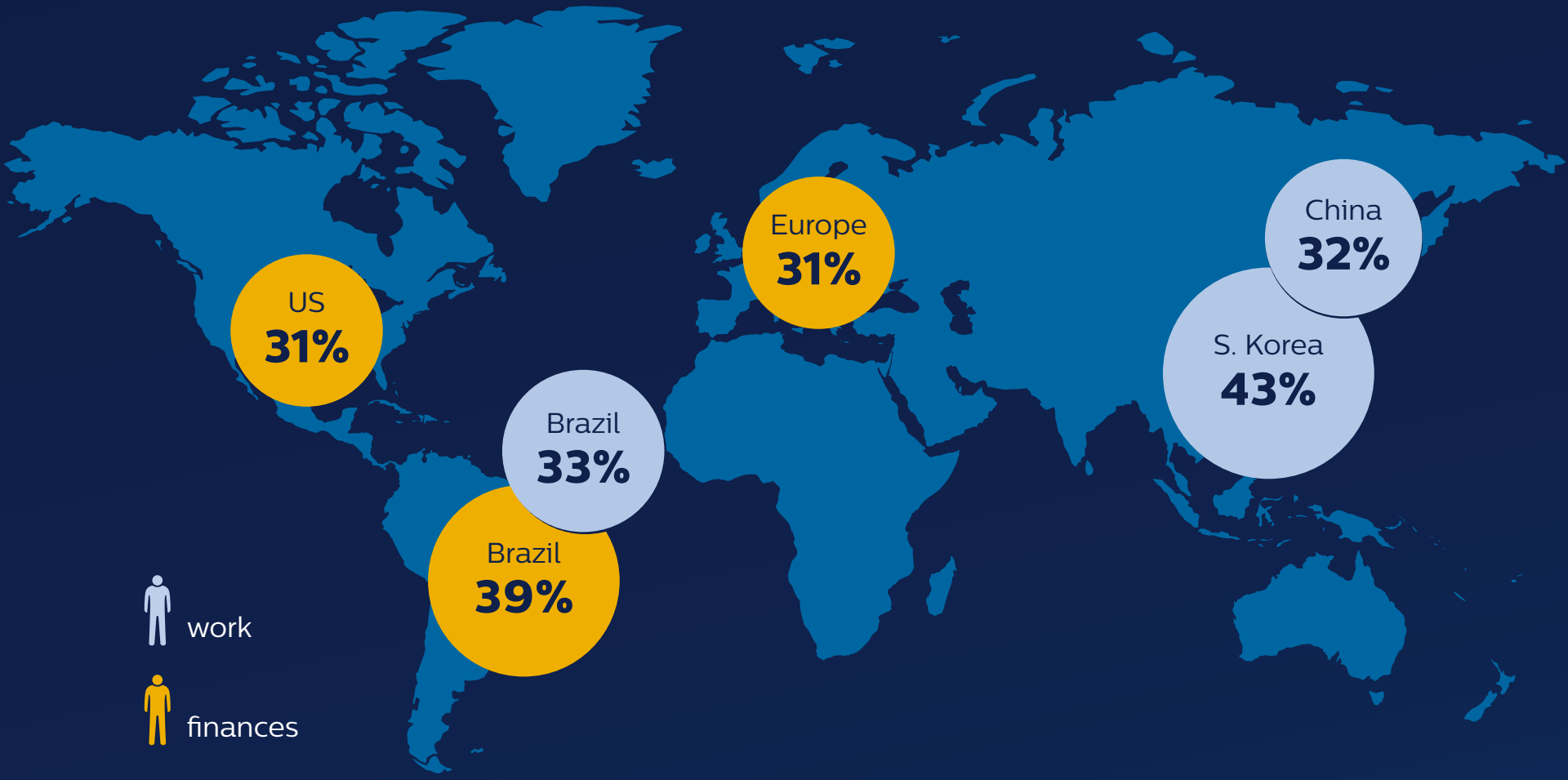
What keeps you up at night?

Among a list of 13 factors keeping people up at night, respondents selected



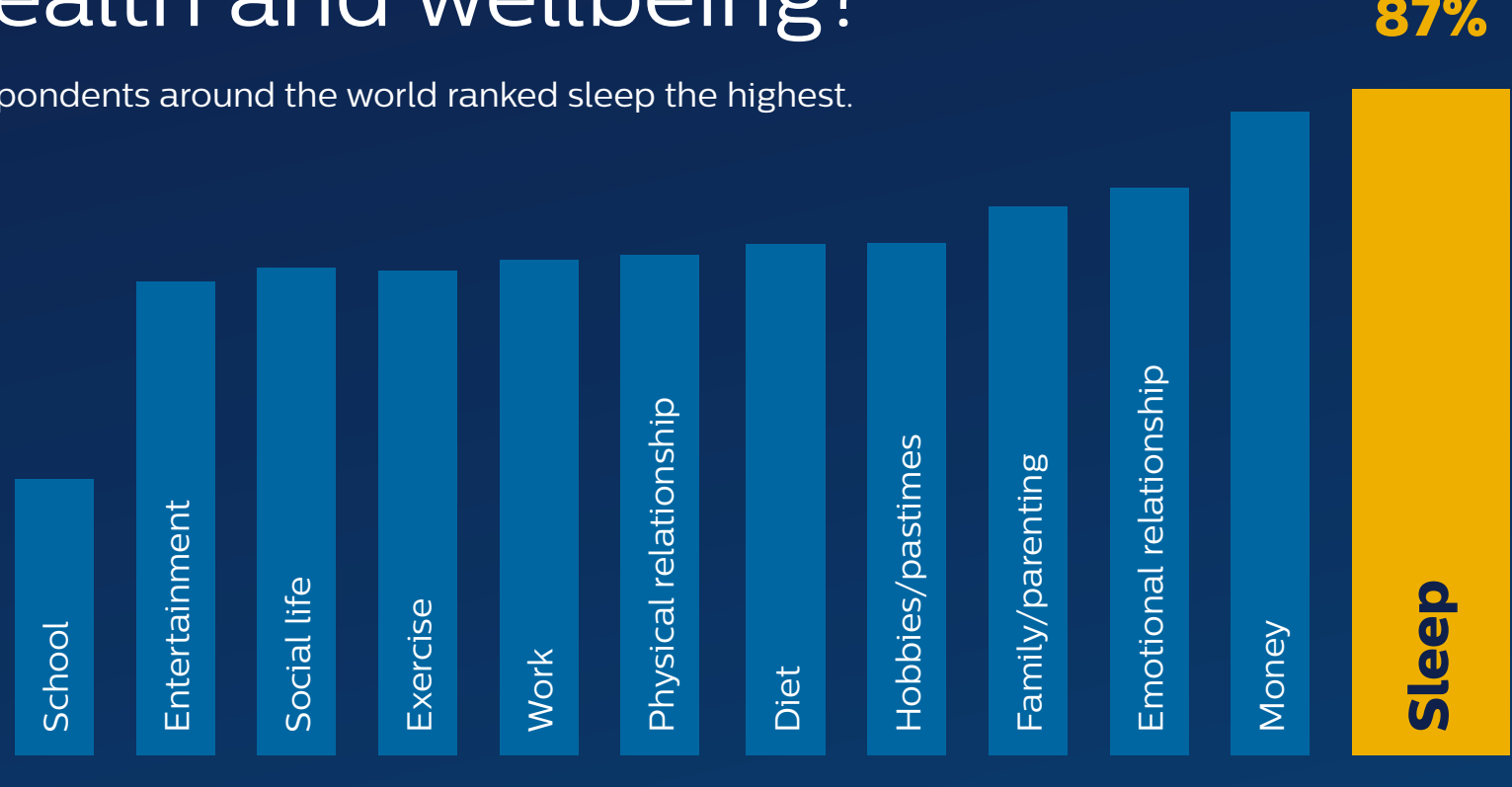
work and financial issues

as their most common sleep disruptors.



What influences your health and wellbeing?

Respondents around the world ranked sleep the highest.



People want more sleep, but don't know how to get it.

In addition, six percent of respondents reported having obstructive sleep apnea (OSA). This is consistent with other reports indicating that more than

100 million people globally suffer from OSA.*

Because an estimated 80 percent of patients with OSA remain undiagnosed, a substantial number of people may benefit from proper screening, diagnosis and treatment of sleep apnea.

*<http://www.stopbang.ca/osa.php>



To learn more about obstructive sleep apnea, visit www.sleepapnea.com