

Poll conducted by Research Co. on Sleep in Canada - January 14, 2020

We'd like to ask you some questions about sleep. How many hours do you usually sleep in each of the following situations?



	GENDER		AGE			REGION					VOTE IN 2019 FEDERAL ELECTION				
	Canada	Male	Female	18-34	35-54	55+	BC	Alberta	SK / MB	Ontario	Quebec	Atlantic	Liberal	Conserv.	NDP
<i>A typical night's sleep on a weekday or workday</i>															
Less than 5 hours	10%	9%	11%	9%	11%	9%	7%	10%	14%	10%	8%	12%	9%	9%	11%
5 to 6 hours	20%	22%	19%	22%	21%	19%	18%	18%	23%	23%	17%	20%	22%	16%	24%
6 to 7 hours	34%	34%	33%	32%	35%	34%	46%	36%	32%	30%	29%	32%	33%	38%	35%
7 to 8 hours	27%	28%	26%	28%	27%	27%	23%	28%	22%	25%	35%	28%	28%	27%	20%
8 to 9 hours	8%	7%	9%	8%	5%	10%	6%	8%	8%	9%	8%	7%	6%	9%	7%
More than 9 hours	2%	1%	2%	1%	2%	2%	1%	0%	1%	3%	2%	1%	2%	1%	2%
<i>A typical night's sleep on a weekend or non-workday</i>															
Less than 5 hours	8%	7%	10%	9%	8%	9%	6%	9%	10%	9%	7%	10%	7%	8%	11%
5 to 6 hours	15%	18%	13%	15%	16%	16%	15%	14%	19%	19%	11%	10%	14%	17%	16%
6 to 7 hours	28%	31%	26%	22%	30%	31%	33%	24%	26%	27%	28%	32%	30%	28%	33%
7 to 8 hours	31%	32%	30%	31%	33%	29%	32%	31%	23%	28%	36%	35%	32%	32%	25%
8 to 9 hours	14%	11%	18%	21%	11%	13%	10%	21%	20%	15%	14%	9%	15%	13%	12%
More than 9 hours	3%	2%	3%	3%	2%	3%	4%	1%	2%	2%	4%	3%	2%	3%	3%

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And after a typical night's sleep on each of the following situations, how well rested do you usually feel?



	GENDER		AGE			REGION					VOTE IN 2019 FEDERAL ELECTION				
	Canada	Male	Female	18-34	35-54	55+	BC	Alberta	SK / MB	Ontario	Quebec	Atlantic	Liberal	Conserv.	NDP
<i>After a typical night's sleep on a weekday or workday</i>															
Very well rested	17%	20%	13%	13%	13%	23%	16%	10%	14%	16%	23%	15%	20%	18%	12%
Moderately well rested	53%	56%	50%	52%	53%	53%	56%	58%	51%	53%	47%	51%	55%	53%	56%
Not too well rested	25%	21%	30%	28%	29%	20%	24%	26%	31%	24%	26%	24%	22%	24%	25%
Not well rested at all	5%	3%	8%	7%	5%	4%	4%	6%	3%	7%	3%	10%	3%	5%	7%
<i>After a typical night's sleep on a weekend or non-workday</i>															
Very well rested	24%	28%	21%	24%	21%	27%	24%	21%	21%	25%	27%	25%	28%	23%	20%
Moderately well rested	51%	51%	51%	50%	52%	51%	56%	54%	48%	49%	51%	50%	55%	51%	56%
Not too well rested	20%	18%	22%	20%	22%	18%	17%	19%	27%	21%	19%	18%	15%	22%	18%
Not well rested at all	5%	3%	6%	6%	5%	3%	3%	6%	5%	5%	3%	8%	3%	4%	6%

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During the course of an average week, how many days do you find it hard to fall asleep at night?



	GENDER			AGE			REGION					VOTE IN 2019 FEDERAL ELECTION			
	Canada	Male	Female	18-34	35-54	55+	BC	Alberta	SK / MB	Ontario	Quebec	Atlantic	Liberal	Conserv.	NDP
5 to 7 days	18%	16%	21%	13%	21%	19%	18%	18%	20%	19%	16%	21%	16%	18%	23%
3 or 4 days	21%	18%	23%	30%	24%	11%	19%	23%	17%	24%	20%	15%	18%	22%	22%
1 or 2 days	36%	34%	37%	36%	32%	40%	38%	36%	34%	36%	33%	40%	39%	34%	36%
Never	25%	32%	19%	20%	24%	30%	26%	23%	29%	21%	31%	24%	27%	27%	20%

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Over the past month, did worrying about any of the following issues make it harder for you to fall asleep at night?



	GENDER		AGE			REGION					VOTE IN 2019 FEDERAL ELECTION				
	Canada	Male	Female	18-34	35-54	55+	BC	Alberta	SK / MB	Ontario	Quebec	Atlantic	Liberal	Conserv.	NDP
Money / Financial matters	49%	43%	54%	58%	55%	36%	40%	62%	48%	50%	43%	54%	48%	45%	52%
Relationships / Family	32%	24%	39%	39%	34%	25%	28%	33%	36%	35%	31%	25%	29%	31%	28%
Health	29%	24%	34%	29%	29%	29%	27%	30%	28%	31%	26%	34%	29%	24%	31%
Work	23%	19%	26%	41%	27%	7%	20%	31%	19%	24%	18%	27%	22%	22%	21%
Canadian Politics / Issues	6%	6%	6%	9%	5%	6%	8%	8%	10%	6%	4%	6%	6%	8%	7%
International Politics / Issues	6%	4%	7%	7%	5%	6%	6%	6%	7%	7%	2%	6%	5%	6%	4%
None of these	27%	33%	22%	14%	24%	38%	29%	20%	32%	23%	32%	27%	27%	29%	29%