

Poll conducted by Research Co. on Sleep in Canada - May 11, 2021

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	8%	8%	8%	6%	9%	9%	9%	5%	13%	9%	5%	10%	8%	7%	12%
5 to 6 hours	23%	24%	23%	22%	27%	22%	25%	24%	24%	23%	19%	31%	23%	24%	23%
6 to 7 hours	29%	28%	29%	31%	28%	27%	32%	29%	27%	31%	27%	19%	30%	28%	27%
7 to 8 hours	29%	29%	28%	28%	27%	30%	27%	30%	27%	25%	36%	26%	28%	31%	26%
8 to 9 hours	9%	8%	10%	11%	7%	10%	7%	10%	8%	10%	10%	13%	10%	8%	12%
More than 9 hours	2%	3%	2%	2%	2%	2%	1%	2%	1%	2%	3%	2%	1%	2%	1%
<i>A typical night's sleep on a weekend or non-workday</i>															
Less than 5 hours	7%	7%	7%	6%	7%	8%	12%	6%	8%	7%	4%	8%	5%	7%	12%
5 to 6 hours	16%	20%	13%	11%	19%	18%	21%	12%	18%	15%	15%	18%	17%	17%	17%
6 to 7 hours	26%	25%	28%	29%	25%	25%	22%	29%	26%	30%	24%	24%	31%	23%	24%
7 to 8 hours	32%	32%	32%	32%	33%	30%	31%	30%	25%	32%	37%	29%	30%	36%	28%
8 to 9 hours	14%	14%	14%	14%	13%	15%	10%	13%	20%	12%	15%	18%	12%	13%	15%
More than 9 hours	5%	3%	6%	7%	4%	3%	4%	11%	3%	4%	4%	3%	6%	3%	4%

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



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<i>A typical night's sleep on a weekday or workday</i>															
Very well rested	18%	20%	16%	14%	14%	24%	18%	22%	15%	14%	23%	15%	20%	19%	11%
Moderately well rested	52%	54%	51%	57%	52%	49%	51%	49%	51%	53%	54%	51%	54%	53%	56%
Not too well rested	23%	21%	25%	24%	26%	21%	21%	22%	27%	25%	20%	27%	22%	23%	23%
Not well rested at all	7%	5%	8%	5%	8%	6%	9%	7%	7%	7%	4%	7%	5%	5%	10%
<i>After a typical night's sleep on a weekend or non-workday</i>															
Very well rested	25%	28%	23%	27%	23%	26%	22%	26%	22%	25%	32%	18%	29%	24%	17%
Moderately well rested	50%	51%	49%	48%	52%	50%	58%	50%	49%	48%	46%	52%	51%	55%	52%
Not too well rested	20%	16%	22%	21%	19%	19%	15%	16%	23%	21%	19%	24%	17%	17%	23%
Not well rested at all	5%	5%	6%	4%	7%	5%	5%	7%	6%	6%	3%	5%	4%	4%	9%

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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	19%	14%	22%	23%	16%	17%	20%	23%	17%	21%	14%	19%	18%	14%	22%
3 or 4 days	22%	19%	25%	31%	25%	13%	20%	25%	21%	25%	19%	22%	22%	23%	28%
1 or 2 days	35%	36%	34%	28%	38%	37%	33%	33%	34%	34%	38%	37%	37%	37%	24%
Never	24%	31%	19%	18%	20%	33%	27%	19%	28%	21%	29%	22%	23%	26%	26%

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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	43%	36%	48%	53%	47%	31%	40%	60%	42%	47%	33%	41%	41%	38%	49%
Health	36%	30%	41%	40%	39%	31%	35%	36%	30%	45%	29%	35%	39%	30%	36%
Relationships / Family	32%	24%	40%	42%	36%	22%	34%	34%	32%	37%	22%	39%	33%	25%	37%
Work	24%	20%	28%	42%	29%	7%	21%	24%	26%	27%	23%	21%	22%	24%	20%
Canadian Politics / Issues	10%	11%	9%	12%	12%	7%	13%	12%	11%	9%	10%	5%	11%	12%	11%
International Politics / Issues	9%	9%	8%	13%	7%	7%	13%	9%	10%	8%	8%	3%	10%	6%	12%
None of these	29%	36%	23%	17%	23%	44%	34%	16%	31%	25%	34%	31%	29%	30%	33%