

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 2021 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	9%	8%	10%	8%	10%	9%	9%	10%	8%	11%	6%	9%	7%	9%	11%
5 to 6 hours	24%	22%	25%	23%	25%	24%	29%	21%	28%	24%	18%	24%	23%	22%	26%
6 to 7 hours	31%	32%	30%	32%	30%	31%	32%	30%	32%	30%	33%	28%	30%	35%	32%
7 to 8 hours	27%	30%	24%	25%	27%	28%	20%	30%	23%	24%	33%	30%	32%	26%	22%
8 to 9 hours	8%	7%	8%	10%	7%	7%	8%	6%	8%	7%	7%	9%	6%	6%	7%
More than 9 hours	2%	2%	3%	4%	2%	1%	2%	2%	2%	3%	2%	1%	1%	1%	2%
<i>A typical night's sleep on a weekend or non-workday</i>															
Less than 5 hours	8%	7%	10%	8%	8%	8%	7%	9%	10%	10%	6%	8%	6%	8%	8%
5 to 6 hours	17%	18%	17%	14%	17%	21%	21%	13%	17%	17%	14%	24%	19%	17%	21%
6 to 7 hours	25%	28%	23%	23%	26%	27%	25%	27%	28%	26%	25%	19%	25%	31%	27%
7 to 8 hours	30%	32%	28%	28%	31%	31%	30%	32%	26%	26%	34%	36%	31%	31%	29%
8 to 9 hours	13%	12%	15%	17%	13%	10%	12%	10%	14%	14%	17%	11%	14%	10%	10%
More than 9 hours	6%	4%	7%	10%	5%	2%	5%	9%	5%	7%	4%	2%	5%	4%	6%

Poll conducted by Research Co. on Sleep in Canada - November 25, 2022

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 2021 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>															
Very well rested	16%	20%	12%	14%	13%	19%	13%	16%	12%	16%	21%	14%	21%	13%	11%
Moderately well rested	53%	54%	52%	50%	54%	55%	51%	53%	54%	52%	53%	56%	54%	56%	48%
Not too well rested	25%	23%	28%	29%	27%	21%	28%	27%	28%	26%	20%	26%	21%	25%	33%
Not well rested at all	6%	3%	8%	6%	6%	5%	8%	5%	6%	6%	6%	5%	4%	5%	8%
<i>After a typical night's sleep on a weekend or non-workday</i>															
Very well rested	24%	27%	21%	26%	21%	25%	21%	28%	19%	23%	29%	20%	30%	20%	14%
Moderately well rested	52%	54%	50%	49%	55%	53%	52%	50%	56%	50%	52%	58%	51%	55%	57%
Not too well rested	19%	16%	22%	20%	20%	18%	20%	18%	21%	22%	15%	18%	16%	20%	23%
Not well rested at all	5%	3%	6%	6%	3%	5%	7%	4%	4%	5%	4%	4%	3%	4%	5%

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 2021 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%	15%	23%	21%	18%	18%	20%	19%	20%	21%	17%	15%	15%	17%	24%
3 or 4 days	23%	23%	23%	33%	24%	12%	26%	19%	19%	25%	24%	20%	21%	21%	24%
1 or 2 days	35%	34%	35%	33%	35%	35%	33%	38%	35%	33%	33%	39%	38%	36%	32%
Never	24%	29%	19%	13%	23%	34%	21%	23%	25%	22%	26%	26%	26%	25%	21%

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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 2021 FEDERAL ELECTION			
	Canada	Male	Female	18-34	35-54	55+	BC	Alberta	SK / MB	Ontario	Quebec	Atlantic	Liberal	Conserv.	NDP
Money / Financial matters	50%	45%	55%	58%	54%	40%	53%	55%	51%	51%	43%	53%	48%	49%	53%
Relationships / Family	33%	27%	40%	44%	34%	23%	37%	35%	40%	35%	27%	31%	31%	28%	44%
Health	33%	31%	35%	35%	30%	33%	35%	33%	32%	34%	29%	33%	33%	30%	41%
Work	28%	27%	29%	40%	33%	14%	30%	31%	25%	31%	27%	22%	29%	25%	27%
Canadian Politics / Issues	10%	10%	10%	10%	12%	9%	11%	10%	10%	12%	7%	9%	9%	16%	11%
International Politics / Issues	10%	11%	9%	10%	10%	11%	14%	10%	8%	12%	9%	7%	10%	11%	12%
None of these	26%	30%	22%	16%	24%	38%	25%	24%	26%	25%	28%	29%	26%	27%	23%