

Are you or is someone you know an unintentional napper?



Three quarters of Brits (75%) have fallen asleep without meaning to and 16% even admit to **'secret napping'**. With over 3.4 million undiagnosed¹ obstructive sleep apnoea sufferers in the UK, Philips Respironics uncovers more about the **state of the nations' sleep**, lifting the lid on the **warning signs** that are often being ignored...²

Personal sleep habits



Brits get an average of **6.3 hours** sleep a night



Over a quarter of people (26%) are **unhappy** with the amount of **sleep they get**

Partner/family member habits



34% of Brits say a partner or family member snoring is the biggest **sleep disrupter**



Two thirds of Brits (66%) have found their partner **asleep** or **napping** without intending to

Napping



21% of men nap in **secret** compared to 11% of women



The most popular place for a secret nap is in a **meeting room** at work (24%)

Lack of sleep can result in:



Being more irritable (52%)



Eating unhealthy food (24%)



Making mistakes at work (17%)

Poor sleep can result in:



Morning headaches (19%)



Waking up with a sore or dry throat (19%)



Forgetfulness (17%)

Sleep is crucial to our health and wellbeing, yet not enough people are concerned over health conditions such as obstructive sleep apnoea (OSA), which goes undiagnosed because the symptoms are often **overlooked or dismissed**. Symptoms of OSA include:

Daytime:



Poor **memory**



Morning **headaches**



Reduced **energy and motivation**



Excessive **daytime sleepiness**

Nighttime:



Loud **snoring**



Noisy and **laboured breathing**



Nocturia (the need to wake and pass urine at night)



Loss of **libido**

If you recognise any symptoms of OSA, it's important to see your GP who will be able to advise further.

To find out more about sleep and respiratory care please visit <https://www.philips.co.uk/healthcare/consumer/sleep-apnea>

¹ Philips Global Markets, Analysis and Forecasting.

² The research was conducted by Censuwide, with 2,008 respondents aged 16+ in the UK between 13.09.2017 – 15.09.2017. The survey was conducted from a random sample of UK adults. Censuwide abide by and employ members of the Market Research Society which is based on the ESOMAR principles.