

YouGov Survey Results

Sample Size: 1919 GB Adults
Fieldwork: 16th - 17th March 2014

	Gender		Age				Social Grade		Region					
	Total	Male	Female	18-24	25-39	40-59	60+	ABC1	C2DE	London	Rest of South	Midlands / Wales	North	Scotland
Weighted Sample	1919	931	988	228	486	656	549	1094	825	246	624	411	472	167
Unweighted Sample	1919	952	967	154	404	746	615	1294	625	340	603	346	414	216
	%	%	%	%	%	%	%	%	%	%	%	%	%	%

How often would you say that you remember your dreams?

Every night	4	4	4	7	4	4	2	3	4	4	3	4	4	5
Most nights	29	26	32	31	29	31	25	27	32	30	30	28	28	28
Once a week	24	24	24	33	30	22	17	26	21	21	22	26	25	24
Once a month	12	12	13	9	15	11	13	14	10	13	15	13	8	12
Several times a year	17	19	16	7	13	18	24	18	17	18	16	16	21	18
Never	7	9	6	5	6	7	11	6	10	6	9	8	6	5
Don't know	6	7	5	8	3	7	8	6	7	8	5	5	8	8
Weekly	57	54	60	71	63	57	44	56	57	55	55	58	57	57
Less than weekly	36	40	35	21	34	36	48	38	37	37	40	37	35	35

Do you ever write your dreams down?

Yes, all the time	1	1	0	3	0	0	0	0	1	0	0	0	2	0
Yes, sometimes	7	7	8	16	9	7	3	8	7	11	4	8	8	13
No, not really	13	9	16	16	15	13	10	11	15	15	12	14	12	10
No, not at all	78	82	74	60	74	80	87	80	76	72	83	77	76	77
Don't know	1	1	2	6	1	0	0	1	1	2	1	1	2	0

Do you have any recurring dreams?

Yes, I do	38	31	44	37	45	40	29	36	40	37	39	36	35	46
No, I don't	53	59	47	48	45	54	62	56	49	53	53	55	54	45
Don't know	9	10	8	15	10	7	9	8	10	10	8	9	10	9

Do you tend to have good dreams, bad dreams or an equal mix of good and bad dreams?

Tend to have good dreams	26	27	25	34	25	27	22	28	23	30	26	27	24	25
Tend to have bad dreams	10	10	11	7	10	11	11	11	10	9	10	10	12	12
Tend to have and equal mix of good and bad dreams	50	47	53	47	52	50	50	48	53	49	51	51	50	48
Don't know	13	16	11	11	13	12	16	13	14	12	14	13	14	16

Do you think dreams do or do not reveal something significant about your life?

Do	33	22	43	35	39	34	25	33	33	38	33	35	27	36
Do not	34	45	23	38	36	33	32	37	31	29	32	34	38	35
Don't know	33	32	34	27	25	33	43	31	36	33	35	31	34	28