

YouGov Survey Results

Sample Size: 1874 GB Adults
Fieldwork: 19th - 20th May 2014

	Westminster VI					2010 Vote			Gender		Age				Social Grade		Region					Are you happy with how much you sleep?			
	Total	Con	Lab	Lib Dem	UKIP	Con	Lab	Lib Dem	Male	Female	18-24	25-39	40-59	60+	ABC1	C2DE	London	Rest of South	Midlands / Wales	North	Scotland	Yes, I am	No, I am not	Not sure	
Weighted Sample	1874	x	x	x	x	550	440	397	909	965	223	474	641	536	1068	806	240	609	401	461	163	893	850	131	
Unweighted Sample	1874	458	525	121	231	551	448	354	910	964	177	388	757	552	1194	680	224	562	399	464	225	890	855	129	
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%

How many hours of sleep do you normally get each night?
Please give your answer as a number of hours, there is no need to write "hours" afterwards.

0	0	0	0	0	0	0	0	1	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	1
1	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	1	0	0	0	0	0	0	0	1
2	0	0	0	0	0	0	1	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0
3	1	1	1	0	1	0	1	1	1	0	0	1	0	1	1	1	1	1	1	0	0	0	1	3	3
4	2	2	2	2	6	2	2	2	3	2	0	1	4	3	1	3	1	2	3	2	4	0	5	0	0
5	7	6	7	7	7	8	7	5	8	7	3	8	8	9	6	9	9	6	6	8	9	3	13	7	7
6	25	26	30	20	27	25	29	25	27	24	17	23	29	27	24	27	27	24	25	28	22	13	39	22	22
7	37	41	35	44	33	39	35	41	37	37	36	40	37	36	40	33	41	38	35	35	38	40	33	42	42
8	21	21	21	17	19	20	22	19	19	23	31	20	19	20	21	21	14	22	24	20	23	35	7	19	19
9	4	3	3	6	6	3	3	5	4	5	10	3	2	5	4	4	3	5	4	4	3	8	1	2	2
10	1	1	1	4	2	1	0	1	1	1	0	2	1	1	1	1	1	1	1	1	0	1	1	2	2
11	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Are you happy with how much you sleep?

Yes, I am	48	53	40	56	53	51	44	50	48	48	51	40	45	56	49	45	41	50	49	46	49	100	0	0
No, I am not	45	42	51	40	44	42	49	44	44	47	42	52	49	37	46	45	50	43	46	45	45	0	100	0
Not sure	7	5	9	4	4	7	7	7	9	5	7	7	7	7	5	10	9	7	5	9	6	0	0	100

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	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%

What is the ideal number of hours you would sleep each night? Please give your answer as a number of hours, there is no need to write "hours" afterwards.

0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1
2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	1
3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0
4	0	0	0	0	0	0	0	1	0	0	1	0	0	0	0	0	0	0	1	0	1	0	0	0	3
5	1	1	1	2	1	1	1	1	1	1	1	0	1	1	1	1	2	1	0	1	0	2	0	0	1
6	4	5	5	6	4	4	6	4	6	3	3	3	5	5	5	4	5	5	4	4	4	7	2	4	4
7	16	18	13	19	27	19	16	17	19	14	6	10	18	25	17	15	17	16	13	18	16	20	13	9	9
8	56	60	58	52	51	60	56	56	54	59	52	53	59	58	55	58	51	58	60	54	57	54	59	58	58
9	15	13	16	17	13	13	14	17	14	16	26	22	12	9	15	15	17	16	14	15	14	12	18	16	16
10	5	3	7	4	3	3	6	3	4	6	10	9	4	1	5	6	5	4	7	5	6	4	6	5	5
11	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	1	0	0	0	0
12	0	0	0	1	1	0	0	0	0	1	1	0	1	0	0	0	0	0	0	1	0	0	1	1	1
14	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
15	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
16	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1

Are you a...?

Morning person	41	50	39	51	41	51	41	38	41	42	31	29	45	53	44	38	40	42	42	41	41	46	37	39
Evening person	44	37	45	42	46	33	45	48	43	44	56	59	39	31	43	45	44	44	42	43	47	42	47	36
Not sure	15	13	16	7	14	17	14	14	16	14	13	12	17	16	14	17	17	14	16	16	12	12	16	25