



# Between the sheets:

## Comparing sleeping habits of men vs. women

### Dividing lines

Women are less satisfied with their sleep...

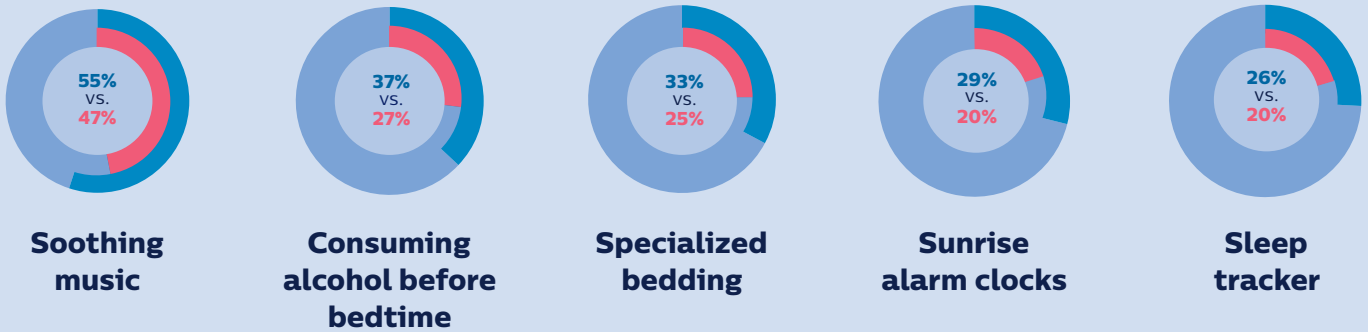


Men are more likely to report satisfaction with their sleep than women<sup>1</sup>.

### Taking control

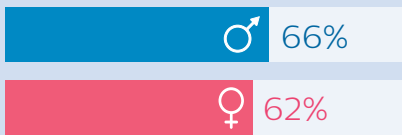
... but are also less proactive about attempting to improve it. Here's what people have tried:

■ men ■ women

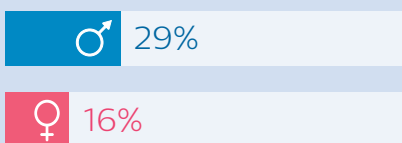


### Speaking up

Men are more likely to report experiencing one or more condition(s) which impact their sleep

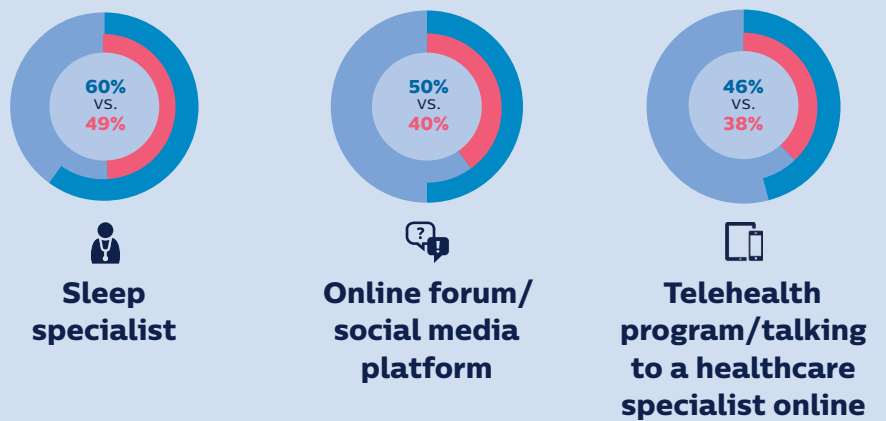


with snoring being their most common condition.



### Seeking help

Women are less likely to have experience or interest in using a variety of resources to learn more about sleep and/or treatments to improve sleep. The most notable gaps are having used, or being willing to use:



For expert tips on ways to improve sleep, click [here](#). To see more findings from this year's World Sleep Day survey, please visit: [Philips.com/WorldSleepDay](https://Philips.com/WorldSleepDay).

<sup>1</sup> Indicates net "somewhat" or "complete" satisfaction with sleep