A year since the start of COVID-19, sleep issues loom large

Unsurprisingly, sleep worsened during the past year. In recognition of World Sleep Day 2021, Philips commissioned an annual survey with KJT Group, interviewing more than 13,000 people across 13 countries to discuss sleep behaviors. COVID-19 has impacted every facet of daily life, and the survey found that sleep health is no exception.

People recognize they aren’t sleeping enough:

- 32% feel well-rested most mornings
- 37% say COVID-19 is negatively impacting their ability to sleep well
- 20% say they are experiencing one or more new sleep challenges
- 43% say waking up during the night is a key challenge

Cell phone use in bed is more common

- 46% look at their phone the last thing they do before falling asleep
- 33% are scrolling through social media
- 41% are reading news about the COVID-19 pandemic
- 41% are looking at their phone as the last thing they do before falling asleep

18% 21% 22% 24% 27% 30%

Many are seeking online, telehealth resources to solve sleep issues

There’s also been an increase in the use of online resources and telehealth to address sleep issues.

- More than one-third turned to online resources (specifically online search engines) to learn more about sleep/treatments to improve sleep, with 70% of those having used them for the first time during the COVID-19 Pandemic.
- 31% have had a telehealth appointment, with 55% of those who had their first telehealth appointment claimed to have done so during COVID-19.

Did you know? Philips SmartSleep Analyzer can help you figure out what sleep issues may be keeping you up at night. It only takes 10 minutes:
www.smartsleep-analyzer.philips.com

55% saying their first telehealth appointment ever happened during COVID-19.

Gender plays a role in sleep discrepancies. Women are...

- experiencing a new sleep challenge 73% 66%
- currently suffering from insomnia 36% 28%
- more likely to report that COVID-19 has negatively impacted their sleep routines 39% 33%
- and their ability to sleep well 41% 33%

The stigma around sleep apnea is keeping people from getting the help they need. If you think you may have sleep apnea, talk to your doctor to identify the best treatment plan for you.

Sleep apnea patients are struggling. Despite the prevalence of sleep apnea and the variety of solutions to treat this condition, sleep apnea patients struggled to adhere to CPAP therapy over the past year, and previous negative attitudes around the condition are more common.

Compared to 2020, people who say sleep apnea impacts their sleep are significantly:
- Less likely to use CPAP 16% 10%
- More likely to say they were never prescribed CPAP 57% 48%
- More likely to have never used the CPAP they were prescribed 37% 30%

Among those who do not suffer from sleep apnea, consumers are more likely to agree:
- They are afraid to take a sleep test because they do not want to know if they have OSA
- It is not necessary to be treated for OSA
- If a doctor said, with OSA, they would not use a CPAP machine
- Treatment is worse than sleep apnea itself

These shifts in negative attitudes towards sleep apnea are concerning, especially for an already stigmatized condition. This is why Philips is committed to raising awareness around the importance of treatment, and creating solutions that offer:
- Comfort
- Ease of Use
- Connectivity

To see more findings from this year’s World Sleep Day survey, please visit: philips.com/worldsleepday