

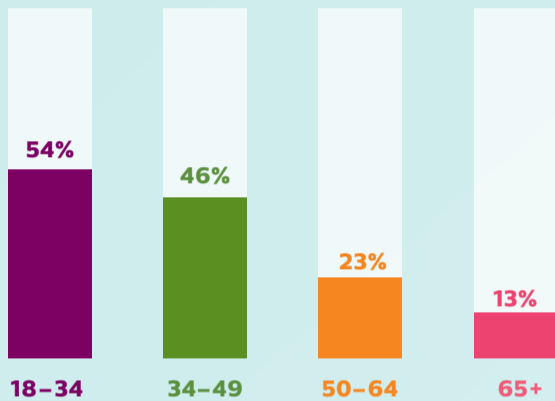
# Better with age?



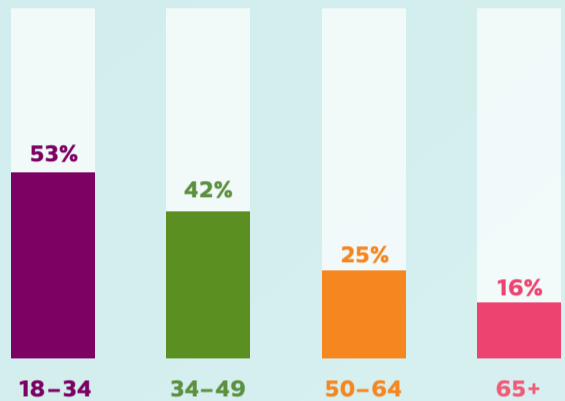
## Sleep habits across life stages

### Differences in dependency

Across age groups, cell phone usage in bed varies widely. Younger generations become increasingly glued to their phones morning and night. **53%** of 18–34-year-olds use phones for entertainment<sup>1</sup> in bed compared to just **7%** of those 65+.



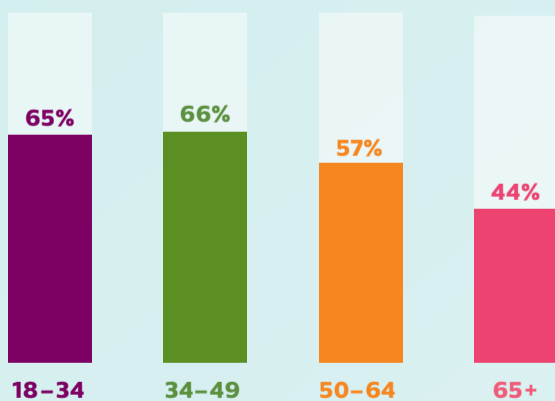
The last thing I do before falling asleep is look at my phone.



I look at my phone as soon as I wake up in the morning.

### Forgetful feelings

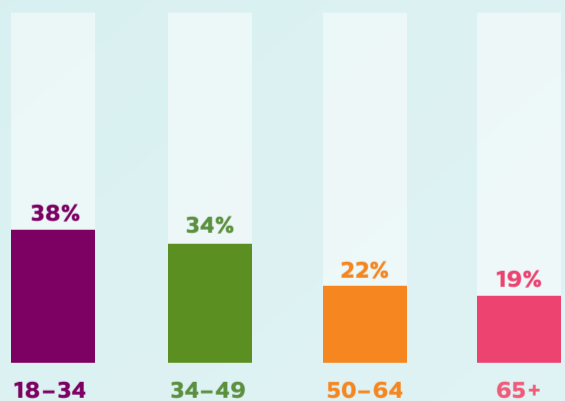
Most 18–34-year-olds report feeling their memory is worse when they haven't slept well<sup>2</sup>, despite sleeping longer per weeknight and weekend night than older adults.



My memory is worse when I have not slept well.

### Relationship with sleep

Relationships add so much value to our lives. But for some people, they can detract from our sleep. Around 1/3 of people across all ages sleep separately from their partner/spouse to improve sleep<sup>3</sup>.



My/my partner/spouse's difficulty sleeping is impacting my relationship<sup>2</sup>.

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://www.philips.com/WorldSleepDay).

<sup>1</sup> Entertainment includes watching videos, scrolling through social media, etc.

<sup>2</sup> Indicates net "somewhat" or "complete" agreement with the statement

<sup>3</sup> Ages 18–34 report 36%, 35–49 report 39%, 50–64 report 30%, 65+ report 36% net "somewhat" or "complete" agreement with the statement