

How Did We Sleep Last Year?



Every year the National Sleep Foundation surveys people from around the world to find out how well they sleep and what affects the quality of sleep that they get. People from Canada, United States, Germany, Japan, Mexico and the United Kingdom were surveyed. Here are the results gathered from Canadians in the 2013 Bedroom Poll.

Sleep Stats

On average, Canadians slept for 7h and 3m on work nights and 7h and 52m on weekends. We believe that the average sleep needed to function best is 7h 22m.

Scent Sense

Most of us, 64%, want our bedroom to smell different from the rest of our house. When asked the question, "I feel more relaxed in my bed if my room has a fresh pleasant scent" 78% said lavender is a relaxing scent while 88% of

us agreed that mold, body and pet odour detracts from our sleep. Antiseptic odours are not welcome either, 78% of us can't sleep with that smell.

Nap Time

35% of us like to nap once a day but an amazing 1% of Canadians say they nap ten or more times a day.

Problems Due To Lack of Sleep

69% of us say our lack of sleep affects our work productivity, 58% say it affects our social or leisure activities 71% say our family life, 47% our sex life and 66% our health.

Raring to Go?

Only 55% of us sleep through the night and only 49% of us wake up feeling refreshed.

Bed Partners

75% of us sleep with a significant other, 14% sleep alone, 14% with a pet and 14% with children.

What do we Wear?

77% of us sleep in our pjs, 43% with socks on and 14% with nothing on at all.

Pillow Talk

40% of us sleep with one pillow, 35% with two pillows and 3% with 5 or more pillows.

Dark or Light?

96% of us have blinds or curtains on the windows in our bedrooms. 87% sleep with the windows covered while 12% prefer to leave them open.

Housekeeping

66% of us make our bed every day while 18% manage a few times a week. 2% of us never make our beds.

15% of Canadians change their bedding more than once a week, 46% once a week, 30% every other week.

Preparing for Sleep

81% of us sleep better when we wind down before bed. 68% of us wind down by watching TV in the bedroom, 57% use a laptop/tablet 48% take a warm bath or shower before bed.

Too Stressed

19% of Canadians, more than in any other country, lie awake at night thinking about work stress every night.

The Big Picture

91% of us agree that our sleep environment impacts how well we sleep.

97% of us say a comfortable bed gives us the best sleep experience



What did you do in your bedroom in 2013?

while 84% of us believe that a comfortable bed is the most important way to create a romantic environment Interestingly enough, when it comes to romance a comfortable bed beat out clean smelling sheets, comfortable feel of bedding and a clean bedroom. Hmmmm...

So since 17% of us rarely have a good night's sleep, 6% never, 35% sometimes and only 43% of us have a good night's sleep every night it looks like a whole lot of us might need a new mattress, according to the survey results. If 97% of believe that a comfortable mattress is the key to the best sleep experience and only 43% of

us are getting a good night's sleep every night then it's time to fix the sleep problem in Canada - and Sleep Experience can help in Sudbury.

A great sleep is easy to achieve when you visit Sleep Experience, We have the knowledge to help you determine which type of mattress is best for you according to your health and lifestyle needs. We encourage everyone to take the time to try out all our mattresses at both locations of Sleep Experience. Because ultimately we want everyone to sleep better in 2014.

Jim Conlon