

koala

THE GREAT AUSTRALIAN SLEEP REPORT

A wake up call for Australia's sleep habits



Only 17%
of Australians wake
feeling rested

Koala Mattress conducted a short survey to get a snapshot of the sleep behaviour of Australian adults and assist in better understanding what is helping or hindering sleep. The survey was conducted independently by PureProfile.

Survey Contents

The questions asked members of the public to report on their sleep on the prior night. Questions included are listed below:

What is your gender?

- Male
- Female
- Other

What is your age?

- Under 18
- 18-25
- 26-35
- 36-50
- 51+

How many hours do you sleep a night?

- 0-3
- 4-5
- 6-7
- 8-9
- 9+

Does your partner keep you awake?

- Yes
- No

If yes, how?

- Restlessness
- Keeping the lights on
- Using electronics in bed
- Snoring
- Cold feet

What do you do to relax before sleep?

- Read
- Meditate
- Have a bath
- Exercise
- Talk to partner
- I don't have a specific preference

Which option most accurately describes you?

- I don't dream
- I mainly have pleasant dreams
- I mainly have lucid dreams
- I mainly have nightmares
- I have a mix of pleasant dreams and nightmares

Which most accurately describes your habits?

- I don't keep electronics in my bedroom and I don't use electronics in bed
- I do keep electronics in my bedroom but I don't use them in bed
- I do keep electronics in my bedroom and do use them in bed
- I don't keep electronics in my bedroom and don't use electronics for a few hours before bed

How would you describe your average night's sleep?

- Very poor
- Poor
- Neutral, neither good nor poor
- Good
- Very good

Select which factor factor affects quality of sleep most (select one)

- Level of light in the room
- Comfort of bed
- Partner's sleep habits
- Noise levels
- Work related stress

How do you typically feel when you wake up in the morning?

- Rested
- Somewhat rested
- Not rested at all
- Unsure

The Sample

A total of 1000 people completed the questionnaire, with 505 females and 494 males. There were 131 adults aged 18-25, 201 adults in the 26-35 age bracket, 261 older adults (36-50) and 407 seniors (51+) included in the sample.



Breakdown of respondents based on Location

State	Number of respondents
NSW	322
VIC	249
QLD	201
SA	77
WA	105
ACT	13
TAS	23
NT	10
Total	1000



Breakdown of respondents based on Age

Age	Number of respondents
18-25	131
26-35	201
36-50	261
51+	407
Total	1000



Breakdown of respondents based on Gender

Gender	Number of respondents
Male	494
Female	505
Other	1
Total	1000

Effect of Age

Key Findings:

- 63% (633 respondents) sleep 6-7 hours
- 20% (208 respondents) sleep 8-9 hours
- 15% (150 respondents) sleep 4-5 hours

Nearly half (47%) of the 1000 respondents said they didn't have a specific routine before going to bed while 25% saying they read a book, which trumps talking to their partner (7.8%), having a bath (3.6%), meditating (2.1%) or even exercising (1.8%).

54% (541 respondents) said they kept electronics in their bedroom and used them before bed. Interestingly, 49% of the 541 were aged between 18-35 and 50% were 36 years and older, indicating that technology is deeply embedded in the daily lives of both young and older Australians.

25% (252 respondents) of those surveyed said their bedrooms were completely tech free, with the bulk of those (18%) being 51 years and over.

Despite more than 60% (633 respondents) claiming to sleep between 6-7 hours every night, 42% (425 respondents) described their sleep as neither good nor poor. 32% (322 respondents) slept well, 17.6% (176 respondents) said they slept poorly and a tiny 4.2% (42 respondents) described their sleep as very good.

Interestingly, 58% (578 respondents) said they felt somewhat rested in the morning, with a further 23% (225 respondents) saying they woke up feeling completely unrested. Only 17% (172 respondents) said they felt rested in the morning.

Age doesn't impact greatly on the amount and sleep quality with even distribution. However, not having a dedicated sleep routine, lack of exercise and using electronic devices before bed are contributing to Australians feeling like they haven't had a decent amount of sleep every night.

Effect of Age

	18-25	26-35	36-50	51+	Total	
How many hours do you sleep a night?	0-3 hours	1	1	2	6	10
	4-5 hours	9	20	43	77	149
	6-7 hours	86	131	166	250	633
	8-9 hours	35	49	50	74	208
	Total	131	201	261	407	1000

	18-25	26-35	36-50	51+	Total	
What do you do to relax before sleep?	Read	31	44	66	117	258
	Meditate	5	7	4	5	21
	Have a bath	15	6	6	9	36
	Exercise	5	4	8	1	18
	I don't have a specific preference	42	87	116	219	464
	Other	16	18	44	47	125
Total	131	201	261	407	1000	

	18-25	26-35	36-50	51+	Total	
Which most accurately describes your habits?	I don't keep electronics in my bedroom and I don't use electronics in bed	6	15	50	181	252
	I do keep electronics in my bedroom but I don't use them in bed	7	32	53	62	154
	I do keep electronics in my bedroom and do use them in bed	116	150	153	122	541
	I don't keep electronics in my bedroom and don't use electronics for a few hours before bed	2	4	5	42	53
Total	131	201	261	407	1000	

Effect of Age

	18-25	26-35	36-50	51+	Total
How would you describe your average night's sleep?					
Very poor	2	0	16	17	35
Poor	24	32	38	82	176
Neutral, neither good nor poor	61	93	107	164	425
Good	39	70	86	127	322
Very Good	5	6	14	17	42
Total	131	201	261	407	1000

	18-25	26-35	36-50	51+	Total
Which option most accurately describes you?					
I don't dream	13	26	41	75	155
I mainly have pleasant dreams	33	66	73	130	302
I mainly have lucid dreams	18	32	42	60	152
I mainly have nightmares	7	7	11	11	36
I have a mix of pleasant dreams and nightmares	60	70	94	131	355
Total	131	201	261	407	1000

	18-25	26-35	36-50	51+	Total
How do you typically feel when you wake up in the morning?					
Rested	13	27	38	94	172
Somewhat rested	85	124	147	222	578
Not rested at all	31	46	69	79	225
Unsure	2	4	7	12	25
Total	131	201	261	407	1000

Effect of Gender

Key Findings:

Of the 63% (633 respondents) that got between 6 and 7 hours of sleep, 51% (323 respondents) are male and 47% (309 respondents) female. However, more females (119 of 208) got 8-9 hours of sleep compared to males (89 of 208).

More females (152 respondents) than males (106 respondents) read to relax themselves before bed, but despite this, more males (138 respondents) than females (114 respondents) choose to keep their bedrooms tech free.

Of the 541 respondents that do have electronic devices in their bedroom, more females (56%) use their electronic devices more than their male counterparts (46%).

When it comes to sleep quality, gender doesn't have that much of a big impact. 51% of males (218 respondents) said they had a neither good nor poor sleep while 48% (206 respondents) were female. However, 54% (174) of females said they had a good night's sleep compared to 45% (148 respondents) of males.

Aussie males are waking up more rested than females. 55% (125 respondents) said they woke up feeling unrested while only 44% (99 respondents) of females said they felt that way. 51% of females (297 respondents) said they felt somewhat rested compared to 48% (281 respondents) of males.

Effect of Gender

	Male	Female	Other	Total
How many hours do you sleep a night?				
0-3 hours	5	5	0	10
4-5 hours	77	72	0	149
6-7 hours	323	309	1	633
8-9 hours	89	119	0	208
Total	494	505	1	1000

	Male	Female	Other	Total
What do you do to relax before sleep?				
Read	106	152	0	258
Meditate	12	9	0	21
Have a bath	16	20	0	36
Exercise	7	11	0	18
Talk to partner	38	40	0	78
I don't have a specific preference	249	214	1	464
Other	66	59	0	125
Total	494	505	1	1000

	Male	Female	Other	Total
Which most accurately describes your habits?				
I don't keep electronics in my bedroom and I don't use electronics in bed	138	114	0	252
I do keep electronics in my bedroom but I don't use them in bed	92	62	0	154
I do keep electronics in my bedroom and do use them in bed	234	306	1	541
I don't keep electronics in my bedroom and don't use electronics for a few hours before bed	30	23	0	53
Total	494	505	1	1000

Effect of Gender

	Male	Female	Other	Total
How would you describe your average night's sleep?				
Very poor	17	18	0	35
Poor	88	88	0	176
Neutral, neither good nor poor	218	206	1	425
Good	148	174	0	322
Very Good	23	19	0	42
Total	494	505	1	1000

	Male	Female	Other	Total
Which option most accurately describes you?				
I don't dream	79	76	0	155
I mainly have pleasant dreams	170	132	0	302
I mainly have lucid dreams	71	81	0	152
I mainly have nightmares	15	21	0	36
I have a mix of pleasant dreams and nightmares	159	195	1	355
Total	494	505	1	1000

	Male	Female	Other	Total
How do you typically feel when you wake up in the morning?				
Rested	100	72		
Somewhat rested	281	297		
Not rested at all	99	125		
Unsure	14	11		
Total	494	505	1	1000

Factors affecting sleep quality

Key Findings:

Sound, light and bed comfort all impact how Australia sleeps. Aussies have made sure to leave their work issues out of the bedroom with work related stress not having a major impact on sleep quality. This corroborates earlier findings which show that using electronic devices before going to sleep has a major impact on sleep quality.

Factors affecting sleep quality in order of severity:

- Noise pollution: mild (175 respondents), neutral (114 respondents), severe (87 respondents)
- Light pollution: mild (211 respondents), neutral (110 respondents), severe (84 respondents)
- Bed comfort: mild (158 respondents), neutral (119 respondents), severe (74 respondents)
- Work related stress: mild (268 respondents), neutral (100 respondents), severe (54 respondents)
- Partner sleep habits: mild (294 respondents), neutral (162 respondents) severe (45 respondents)

Factors affecting sleep quality

	Gender		Age breakdown of respondents per level of severity				Total no of respondents per level of severity	
	male	female	18-25	26-35	36-50	51+		
Light pollution	Mild (1)	111	99	19	24	47	121	211
	2	46	36	4	23	22	33	82
	3	66	49	15	19	34	47	115
	4	32	23	9	10	11	25	55
	5	60	50	15	20	30	45	110
	6	45	42	9	20	28	30	87
	7	38	56	17	20	30	27	94
	8	45	57	16	27	25	34	102
	9	21	39	11	19	11	19	60
	Severe (10)	30	54	16	19	23	26	84

Factors affecting sleep quality

	Gender		Age breakdown of respondents per level of severity				Total no of respondents per level of severity	
	male	female	18-25	26-35	36-50	51+		
Bed Comfort	Mild (1)	80	77	6	21	30	101	158
	2	30	21	2	11	14	24	51
	3	41	36	11	12	15	39	77
	4	37	29	13	15	22	16	66
	5	77	42	12	25	29	53	119
	6	44	57	18	21	30	32	101
	7	56	68	22	28	38	36	124
	8	59	87	22	30	43	51	146
	9	41	43	12	21	22	29	84
	Severe (10)	29	45	13	17	18	26	74

Factors affecting sleep quality

	Gender		Age breakdown of respondents per level of severity				Total no of respondents per level of severity	
	male	female	18-25	26-35	36-50	51+		
Partner sleep habits	Mild (1)	141	152	37	43	66	148	294
	2	43	23	5	14	19	28	66
	3	39	33	14	19	18	21	72
	4	30	28	7	9	20	22	58
	5	97	65	20	28	38	76	162
	6	47	47	15	27	25	27	94
	7	32	56	15	22	23	28	88
	8	40	47	10	22	22	33	87
	9	11	23	2	8	16	8	34
	Severe (10)	14	31	6	9	14	16	45

Factors affecting sleep quality

	Gender		Age breakdown of respondents per level of severity				Total no of respondents per level of severity	
	male	female	18-25	26-35	36-50	51+		
Noise Pollution	Mild (1)	83	91	13	25	33	104	175
	2	50	38	4	20	23	41	88
	3	44	35	11	15	22	31	79
	4	36	32	12	16	12	28	68
	5	64	50	20	21	28	45	114
	6	40	38	12	15	28	23	78
	7	59	68	17	28	38	44	127
	8	50	58	18	24	32	34	108
	9	31	45	14	18	19	25	76
	Severe (10)	37	50	10	19	26	32	87

Factors affecting sleep quality

	Gender		Age breakdown of respondents per level of severity				Total no of respondents per level of severity	
	male	female	18-25	26-35	36-50	51+		
Work related stress	Mild (1)	133	134	12	23	40	193	268
	2	43	23	3	11	16	36	66
	3	29	26	9	11	14	21	55
	4	34	32	8	15	24	19	66
	5	71	62	16	25	37	55	133
	6	45	48	14	24	26	29	93
	7	46	49	17	27	32	19	95
	8	39	61	23	29	30	18	100
	9	32	38	17	21	22	10	70
	Severe (10)	22	32	12	15	20	7	54

Effect of State

	NSW	VIC	QLD	SA	WA	ACT	TAS	NT	Total
How many hours do you sleep a night?									
0-3 hours	4	2	1	1	1	0	1	0	10
4-5 hours	35	39	33	14	19	3	3	3	149
6-7 hours	208	159	130	41	66	7	15	7	633
8-9 hours	75	49	37	21	19	3	4	0	208
Total	322	249	201	77	105	13	23	10	1000

	NSW	VIC	QLD	SA	WA	ACT	TAS	NT	Total
What do you do to relax before sleep?									
Read	84	66	49	20	25	4	7	3	258
Meditate	7	4	2	0	6	1	0	1	21
Have a bath	14	6	5	6	2	0	2	1	36
Exercise	4	7	4	1	0	2	0	0	18
Talk to partner	26	18	16	3	12	1	0	2	78
I don't have a specific preference	153	122	99	33	42	3	10	2	464
Other	34	26	26	14	18	2	4	1	125
Total	322	249	201	77	105	13	23	10	1000

Effect of State

	NSW	VIC	QLD	SA	WA	ACT	TAS	NT	Total
Which most accurately describes your habits?									
I don't keep electronics in my bedroom and I don't use electronics in bed	85	57	59	19	20	2	8	2	252
I do keep electronics in my bedroom but I don't use them in bed	51	38	33	7	17	4	3	1	154
I do keep electronics in my bedroom and do use them in bed	168	140	101	47	61	6	12	6	541
I don't keep electronics in my bedroom and don't use electronics for a few hours before bed	18	14	8	4	7	1	0	1	53
Total	322	249	201	77	105	13	23	10	1000

	NSW	VIC	QLD	SA	WA	ACT	TAS	NT	Total
How would you describe your average night's sleep?									
Very poor	14	4	9	3	5	0	0	0	35
Poor	51	56	24	13	16	5	8	3	176
Neutral, neither good nor poor	145	95	87	31	49	6	8	4	425
Good	97	80	75	28	31	2	7	2	322
Very good	15	14	6	2	4	0	0	1	42
Total	322	249	201	77	105	13	23	10	1000

Effect of State

	NSW	VIC	QLD	SA	WA	ACT	TAS	NT	Total
don't dream	53	40	31	14	11	2	2	2	155
I mainly have pleasant dreams	93	75	68	18	31	5	7	5	302
I mainly have lucid dreams	55	44	20	11	15	1	4	2	152
I mainly have nightmares	8	6	8	3	6	2	2	1	36
I have a mix of pleasant dreams and nightmares	113	84	74	31	42	3	8	0	355
Total	322	249	201	77	105	13	23	10	1000

	NSW	VIC	QLD	SA	WA	ACT	TAS	NT	Total
Rested	60	39	35	11	18	1	5	3	172
Somewhat rested	184	157	119	41	58	8	8	3	578
Not rested at all	69	47	41	24	28	3	9	4	225
Unsure	9	6	6	1	1	1	1	0	25
Total	322	249	201	77	105	13	23	10	1000