51% half of the world is getting less sleep than they need.

Workers around the world take an average of 7 days off per year just to catch up on sleep.

80% use weekends to make up for lost sleep during the week.

Insomniac 18% erratic or no set sleep schedule

Early bird 21% goes to sleep before 10pm, wakes up before 6:30am

Regular sleeper 35% goes to sleep around 10pm or 11pm, wakes up between 7am or 8am

Night owl 26% goes to bed around midnight, loves to sleep in

2018 Independent research study of 1,000 nationally representative adults ages 18 plus in each of the following countries: US, Singapore, Taiwan, Japan, Hong Kong, China, Korea, Indonesia, Malaysia, Vietnam, UK, & Australia, conducted by ©Wakefield Research on behalf of Princess Cruises.