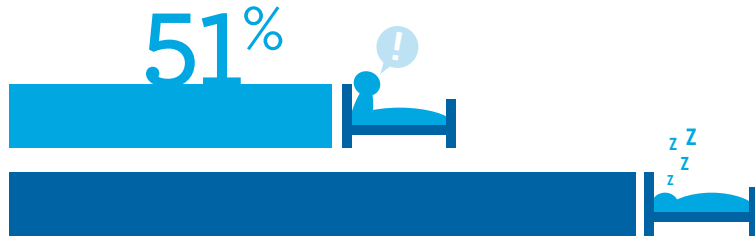


# 2018 Global Relaxation Report

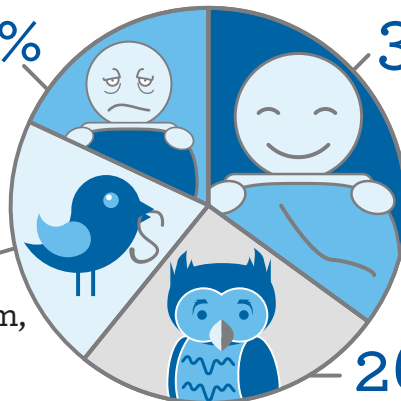


half of the world is getting less sleep than they need.



**insomniac 18%**  
erratic or no set sleep schedule

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



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

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