

2. How many times do you wake up during the night, before you intended to wake up?

	Total	REGION						HOUSEHOLD INCOME				HOUSEHOLD COMPOSITION	
		BC	AB	SK/MB	Ontario	Quebec	Atlantic	<\$40K	\$40K - <\$60K	\$60K - <\$100K	\$100K+	Kids	No Kids
		A	B	C	D	E	F	G	H	I	J	K	L
Base: All Respondents (unwtd)	1000	119	101	90	356	233	101	270	164	257	204	255	745
Base: All Respondents (wtd)	1000	136	112	65	384	235	68	322	182	229	160	248	752
0	110	9	6	11	49	34	1	46	9	31	16	25	85
	11%	6%	6%	16%	13%	14%	2%	14%	5%	13%	10%	10%	11%
		*	*	ABF*	F	BF	*	H		H			
1	276	44	22	16	83	96	15	88	44	63	50	49	227
	28%	32%	20%	24%	22%	41%	22%	27%	24%	27%	32%	20%	30%
		*	*	*		BCDF	*						K
2	334	45	40	23	139	63	25	98	66	76	64	96	239
	33%	33%	35%	36%	36%	27%	37%	31%	36%	33%	40%	39%	32%
		*	*	*	E		*						
3	177	26	28	10	66	27	19	50	45	32	21	50	127
	18%	19%	25%	16%	17%	11%	29%	16%	25%	14%	13%	20%	17%
		*	E*	*			DE*		GIJ				
4	50	5	6	2	26	5	6	18	10	12	5	17	33
	5%	4%	5%	3%	7%	2%	8%	6%	5%	5%	3%	7%	4%
		*	*	*	E		E*						
5	30	6	7	-	13	3	1	11	3	9	2	10	20
	3%	4%	6%	-	3%	1%	1%	4%	2%	4%	1%	4%	3%
		*	E*	*			*						
6-10	17	2	*	3	5	6	1	9	3	4	1	2	15
	2%	1%	*	5%	1%	3%	1%	3%	2%	2%	1%	1%	2%
		*	*	*			*						
16-20	3	-	2	-	-	*	-	*	-	2	-	-	3
	*	-	2%	-	-	*	-	*	-	1%	-	-	*
		*	D*	*			*						
26-30	2	-	-	-	2	-	-	-	2	-	-	-	2
	*	-	-	-	1%	-	-	-	1%	-	-	-	*
		*	*	*			*						
Sigma	1000	136	112	65	384	235	68	322	182	229	160	248	752
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Summary													
5 or more (Net)	52	7	10	3	21	10	1	21	9	15	3	11	41
	5%	5%	9%	5%	5%	4%	2%	7%	5%	7%	2%	5%	5%
		*	*	*			*			J			
Mean	2.1	2	2.6	1.8	2.2	1.7	2.3	2	2.5	2.1	1.8	2.1	2.1
		*	E*	*	E		CE*		J				
Std. Dev.	2.14	1.22	2.77	1.38	2.63	1.59	1.19	1.65	3.39	2.31	1.14	1.31	2.35
Std. Err.	0.07	0.1	0.26	0.17	0.13	0.1	0.14	0.09	0.25	0.15	0.09	0.08	0.09

3. How long (on average) does it take you to fall asleep at night?

	Total	REGION						HOUSEHOLD INCOME				HOUSEHOLD COMPOSITION	
		BC	AB	SK/MB	Ontario	Quebec	Atlantic	<\$40K	\$40K - <\$60K	\$60K - <\$100K	\$100K+	Kids	No Kids
		A	B	C	D	E	F	G	H	I	J	K	L
Base: All Respondents (unwtd)	1000	119	101	90	356	233	101	270	164	257	204	255	745
Base: All Respondents (wtd)	1000	136	112	65	384	235	68	322	182	229	160	248	752
1	16 2%	5 3%	- *	- *	8 2%	3 1%	- *	1 *	8 4%	5 2%	1 1%	3 1%	13 2%
2	26 3%	3 2%	- *	- *	6 2%	13 6%	3 5%	5 2%	9 5%	3 1%	7 5%	5 2%	20 3%
3	9 1%	- *	1 1%	* *	3 1%	4 2%	1 1%	1 *	1 1%	3 1%	2 1%	4 1%	5 1%
4	* *	* *	- *	- *	- *	- *	- *	- *	- *	* *	- *	- *	* *
5	110 11%	8 6%	14 12%	8 13%	38 10%	37 16%	5 8%	21 6%	18 10%	30 13%	21 13%	27 11%	83 11%
6-10	153 15%	26 19%	16 14%	13 21%	55 14%	34 15%	10 14%	52 16%	24 13%	36 16%	28 17%	35 14%	119 16%
11-15	129 13%	16 12%	12 10%	8 13%	50 13%	40 17%	3 4%	42 13%	28 16%	28 12%	23 14%	25 10%	104 14%
16-20	101 10%	18 13%	11 9%	10 16%	40 11%	14 6%	7 11%	27 8%	15 8%	24 11%	19 12%	29 12%	72 10%
21-25	17 2%	3 2%	3 3%	- *	3 1%	5 2%	3 4%	1 *	6 3%	6 3%	1 1%	3 1%	15 2%
26-30	195 20%	23 17%	18 16%	12 18%	83 22%	44 19%	15 22%	78 24%	28 16%	46 20%	28 18%	57 23%	138 18%
31-35	11 1%	2 2%	- *	2 3%	3 1%	2 1%	2 2%	1 *	3 2%	5 2%	1 1%	2 1%	9 1%
36-40	28 3%	2 2%	1 1%	1 1%	14 4%	4 2%	6 9%	13 4%	4 2%	4 2%	5 3%	7 3%	21 3%
41-45	48 5%	5 4%	14 13%	7 11%	12 3%	6 2%	4 6%	21 6%	7 4%	9 4%	8 5%	19 8%	29 4%

4. Describe how you look and feel in the morning?

	Total	REGION						HOUSEHOLD INCOME				HOUSEHOLD COMPOSITION	
		BC	AB	SK/MB	Ontario	Quebec	Atlantic	<\$40K	\$40K - <\$60K	\$60K - <\$100K	\$100K+	Kids	No Kids
		A	B	C	D	E	F	G	H	I	J	K	L
Base: All Respondents (unwtd)	1000	119	101	90	356	233	101	270	164	257	204	255	745
Base: All Respondents (wtd)	1000	136	112	65	384	235	68	322	182	229	160	248	752
I look and feel like a disaster	107 11%	12 9%	12 11%	3 5%	55 14%	21 9%	3 5%	48 15%	24 13%	16 7%	16 10%	28 11%	79 10%
		*	*	*	CF		*	I					
Refreshed and my skin looks great	116 12%	16 11%	8 7%	8 12%	26 7%	54 23%	5 7%	28 9%	29 16%	24 11%	22 14%	20 8%	96 13%
		*	*	*		ABDF	*						
I look and feel tired	265 26%	36 26%	26 23%	16 24%	120 31%	50 21%	18 26%	98 30%	40 22%	58 25%	35 22%	99 40%	166 22%
		*	*	*	E		*					L	
Mildly tired but I look fine	443 44%	68 50%	63 56%	29 44%	162 42%	86 37%	35 52%	124 39%	75 41%	112 49%	80 50%	96 39%	347 46%
		E*	DE*	*			E*			G	G		
Well-rested but I look terrible	70 7%	5 4%	4 3%	9 14%	21 5%	24 10%	7 11%	24 7%	15 8%	18 8%	6 4%	5 2%	65 9%
		*	*	ABD*			*						K
Sigma	1000 100%	136 100%	112 100%	65 100%	384 100%	235 100%	68 100%	322 100%	182 100%	229 100%	160 100%	248 100%	752 100%