

# Resmed's 2026 Global Sleep Survey

# Contents

4 Sleep is the most valued — yet quality rest is still out of reach

---

7 Understanding the awareness-to-action gap

---

10 Women face disproportionate sleep challenges

---

12 Sleep's impact on mental health

---

14 Sleepless in the workplace

---

16 Who you share a bed with matters

---

17 Unlocking better sleep through data and doctor dialogues

---

18 Partnering with your doctor for better sleep

---

20 Turning progress into lasting sleep outcomes

---

21 Take charge of your sleep

---

# Sleep: foundational to health, critical to our future

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At Resmed, we know sleep — the third pillar of health alongside nutrition and exercise — is essential to overall well-being and quality of life. This understanding shapes everything we do, from pioneering connected health technologies to advancing care in the home.

For several years, our Global Sleep Survey has examined how people around the world sleep. This research goes beyond habits. It explores the social, cultural, economic and systemic forces shaping sleep health. It shows us where progress is being made, where gaps remain and where action is needed.

This year's findings mark an inflection point.

Awareness of sleep's importance continues to grow. More people understand its connection to long-term health. Wearable technologies and sleep tracking tools are becoming mainstream. Consumers are paying attention.

Yet awareness alone is not enough.

Too many people still struggle to achieve consistent, restorative sleep. Too many cases of sleep apnea remain undiagnosed and untreated. The opportunity now is to convert awareness into measurable action, particularly across the clinical community, so sleep health is prioritized, diagnosed and treated at scale.

Our vision is clear. A world where everyone can reach their full potential through better sleep and breathing, with care delivered in their home. That vision shapes our investments in connected devices, digital health platforms and education initiatives that make sleep more accessible, personalized and actionable.

Turning insight into impact will require progress at every level. Individuals, healthcare systems, employers and policymakers all have a role to play.

We hope this year's Global Sleep Survey serves as a catalyst: a catalyst for individuals to prioritize their sleep, for providers to elevate screening and diagnosis, and for leaders to recognize sleep as a public health imperative.

Better sleep is within reach, but only if we act.



**Mick Farrell, CEO and Chairman, Resmed**



# Sleep is the most valued — yet quality rest is still out of reach

Sleep is recognized as a key pillar of long-term health.<sup>1</sup> More people now rank quality sleep as the most important behavior for a long, healthy life, ahead of diet and exercise.



Yet recognition has not translated into better quality sleep.

Resmed’s sixth annual Global Sleep Survey, based on responses from 30,000 people across 13 countries, shows a widening disconnect: awareness of sleep as a health priority is rising, but achieving quality sleep still falls short for many.

- More than half of respondents (53%) report getting a good night’s sleep only four nights a week or less.
- Fewer than 1 in 3 people sleep well every night.

This year’s report examines the widening gap between awareness and action, and the social and cultural forces, medical factors and workplace pressures shaping sleep today.

<sup>1</sup>Centers for Disease Control and Prevention. (2024, May 15). About sleep. <https://www.cdc.gov/sleep/about/index.html>

Across countries, the findings reveal striking patterns. Even as sleep rises in priority, sleep quality continues to slip.

## Breaking down the sleep awareness and quality gap globally

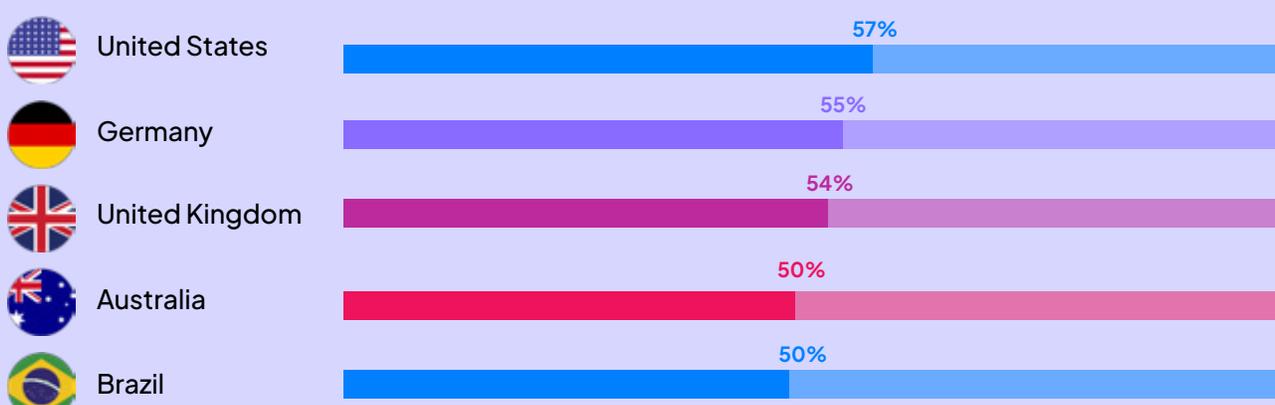
### Top countries ranking quality sleep as their most important health behavior:

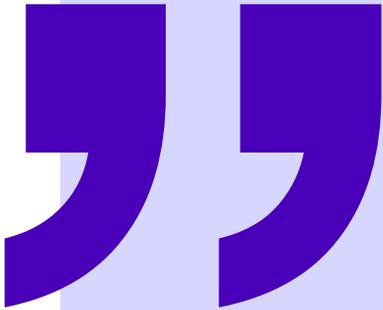


### Countries with the lowest average nights of quality sleep (four nights or fewer):



### Top countries reporting difficulty in falling and staying asleep three or more nights a week:



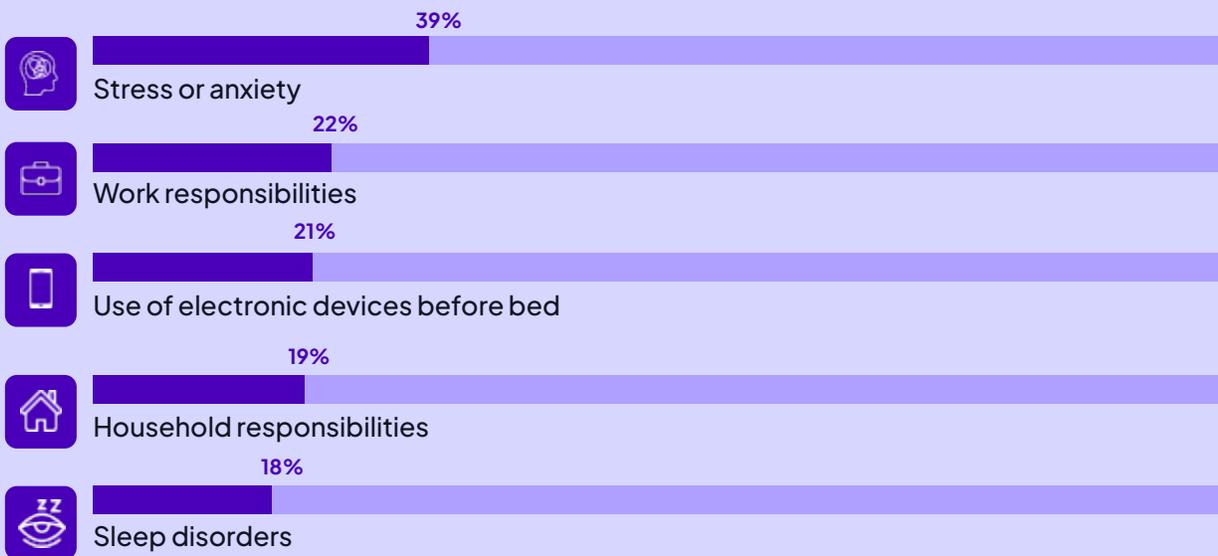


“Sleep is the cornerstone of health and longevity, yet it’s often overlooked. This is a critical gap: poor sleep is linked to worse health outcomes, including chronic conditions like cardiovascular disease, diabetes and depression. Prioritizing sleep isn’t just good science — it’s one of the most powerful ways to help people live longer, healthier lives.”

**Carlos Nunez, M.D., Chief Medical Officer at Resmed**

**83%** of people say they face key barriers in getting more consistent, quality sleep.

### Top five factors contributing to a poor night’s sleep across the globe:



# Understanding the awareness-to-action gap

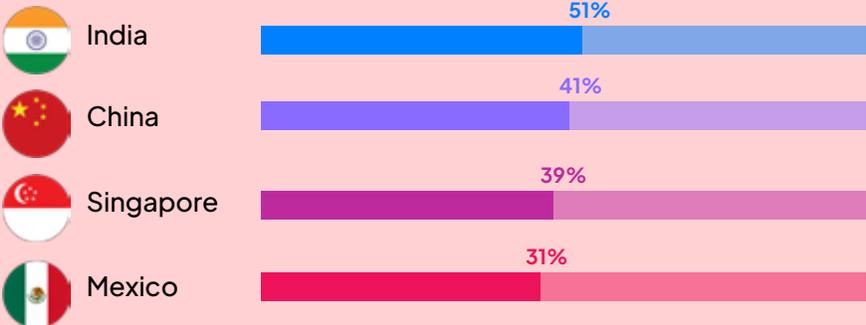
Globally, most people understand why sleep matters:

- **82%** of respondents say it is very or extremely important for their well-being and longevity.
- **77%** acknowledge that poor sleep can contribute to chronic conditions such as diabetes, cardiovascular disease, high blood pressure, obesity and respiratory problems.

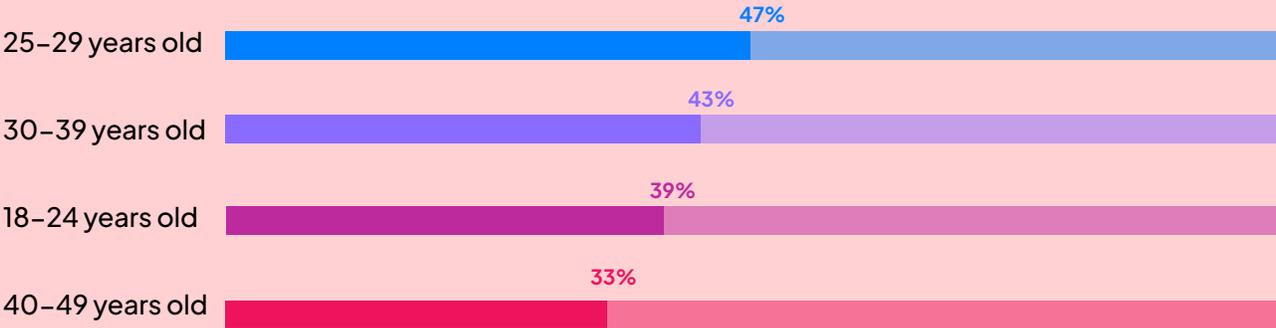
## Technology is becoming an awareness entry point

In just one year, wearable use for sleep tracking has surged globally from 16%<sup>2</sup> to 53%.

### Countries leading the way in sleep tracking:

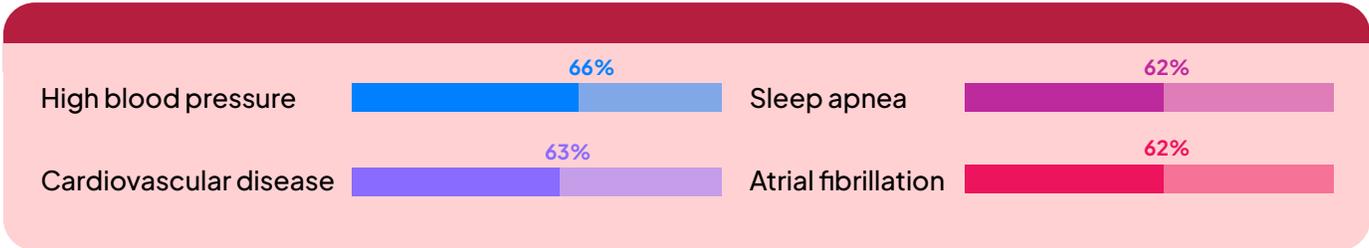


### Sleep tracking routines by age:



<sup>2</sup>Resmed, Global Sleep Survey 2025, <https://sleepsurvey.resmed.com/>.

Wearable technologies are also beginning to shape how people think about getting medical help. **Two-thirds of wearable device users say they would likely seek medical advice** if their device indicated a potential risk for:



Together, these findings suggest that wearable technology may help identify potential sleep health risks earlier and encourage more proactive conversations with healthcare providers.

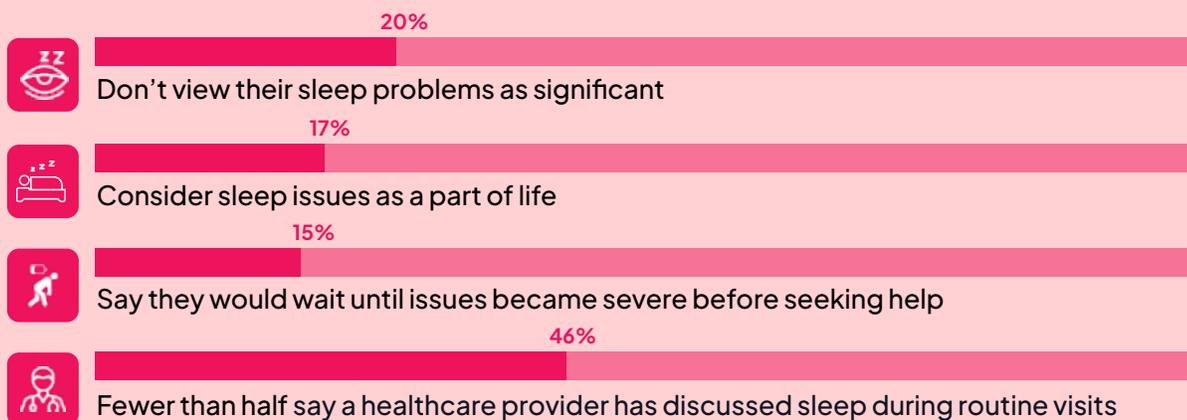


“The surge in sleep tech is encouraging because it shows more people are paying attention to their sleep and starting important health conversations. But tracking alone isn’t enough. Wearables can reveal patterns and flag potential risks, yet real progress happens when those insights lead to action, clinical guidance and meaningful change. Technology is powerful, but it works best when paired with medical support and a commitment to better sleep.”

**Professor Dr. Christoph Schöbel, Head of Sleep Medicine Centre, Essen University Hospital**

### Opportunities remain to strengthen healthcare provider engagement:

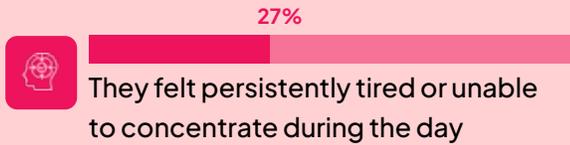
While 66% of people would consult a provider for regular sleep problems, only 23% have done so. **Why?**



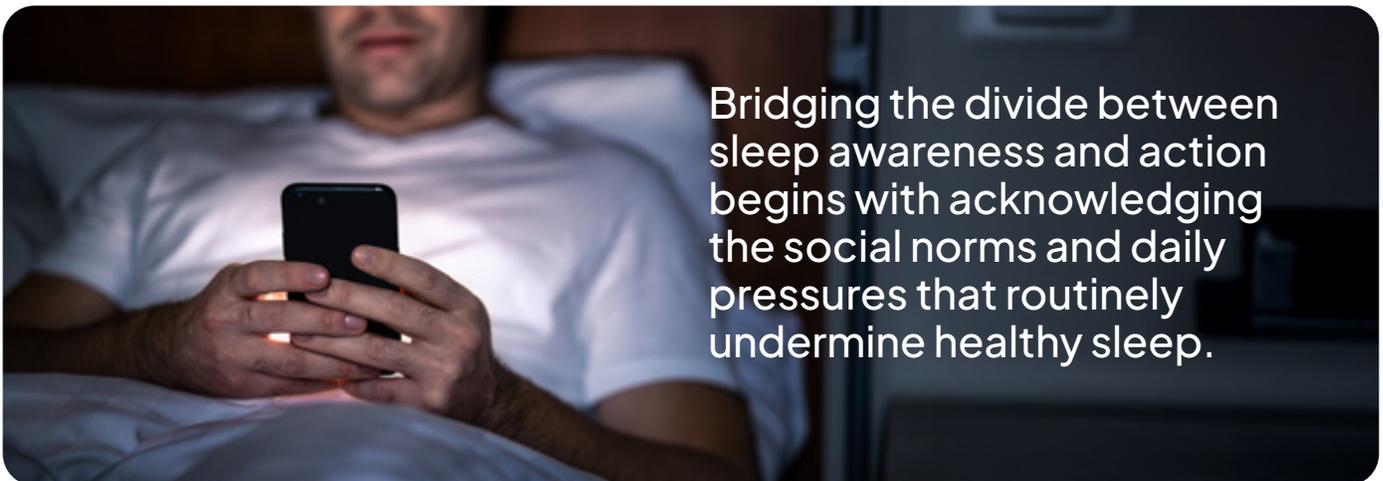
**The result: awareness is high, but engagement remains low.**

For many, sleep becomes a priority only when symptoms disrupt daily functioning.

### Respondents said they would be more likely to seek treatment if:



### Where people seek sleep advice:

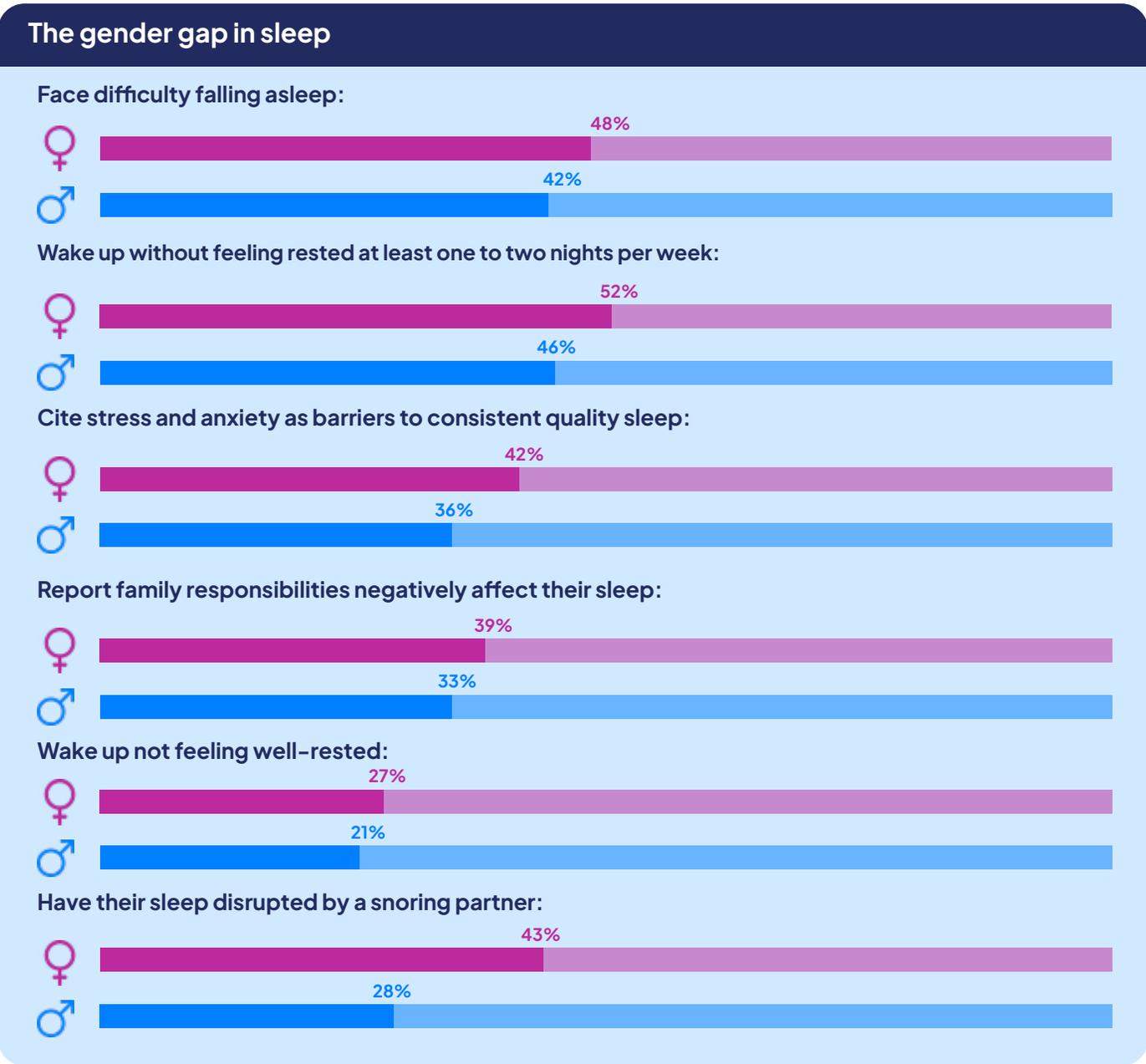


# Women face disproportionate sleep challenges

Across genders, the sleep struggle is widespread — and growing.

- Nearly half of women (48%) report difficulty falling asleep, up from 38% last year.<sup>2</sup>
- Men are experiencing a similar trend, with reported difficulty falling asleep rising from 29% to 42%.<sup>2</sup>

These increases point to a shared challenge: quality sleep is becoming harder to attain for everyone. Yet the data also reveals that women continue to face greater barriers.



Addressing the global sleep deficit will require solutions that recognize these shared pressures while also accounting for how they impact each gender in distinct ways.

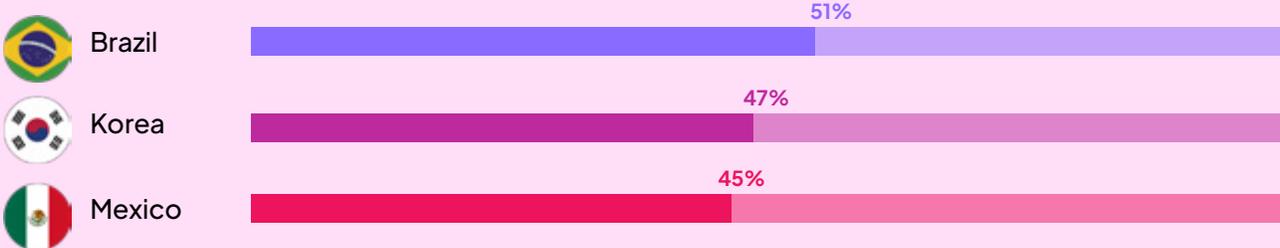


# Sleep's impact on mental health

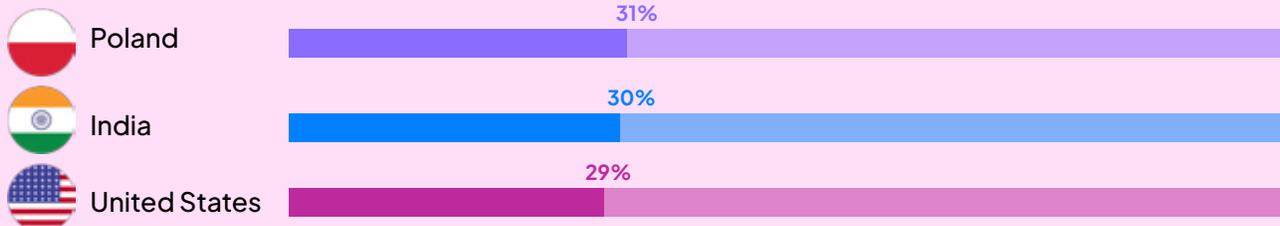
Stress and anxiety remain the top sleep disruptors across the globe.

The consequences of poor sleep are tangible and experienced globally: **Irritability (36%)** and **heightened stress (33%)** are the most reported effects after a restless night, underscoring how low-quality sleep can affect emotional well-being.

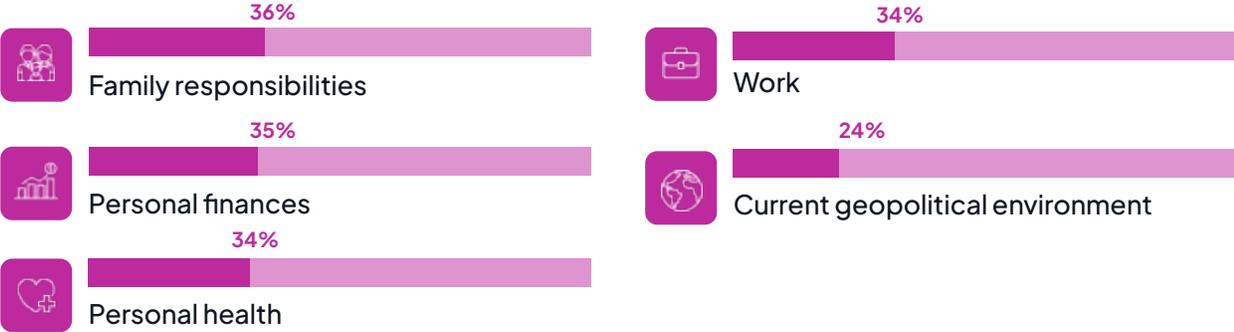
### Stress from poor sleep is highest in:



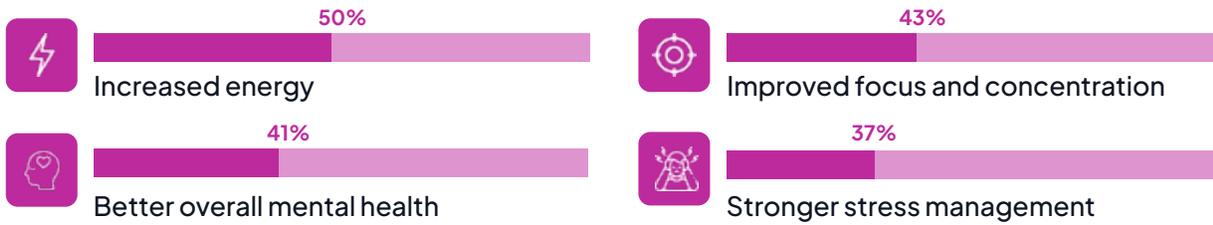
### Feelings of depression are reported more often in:



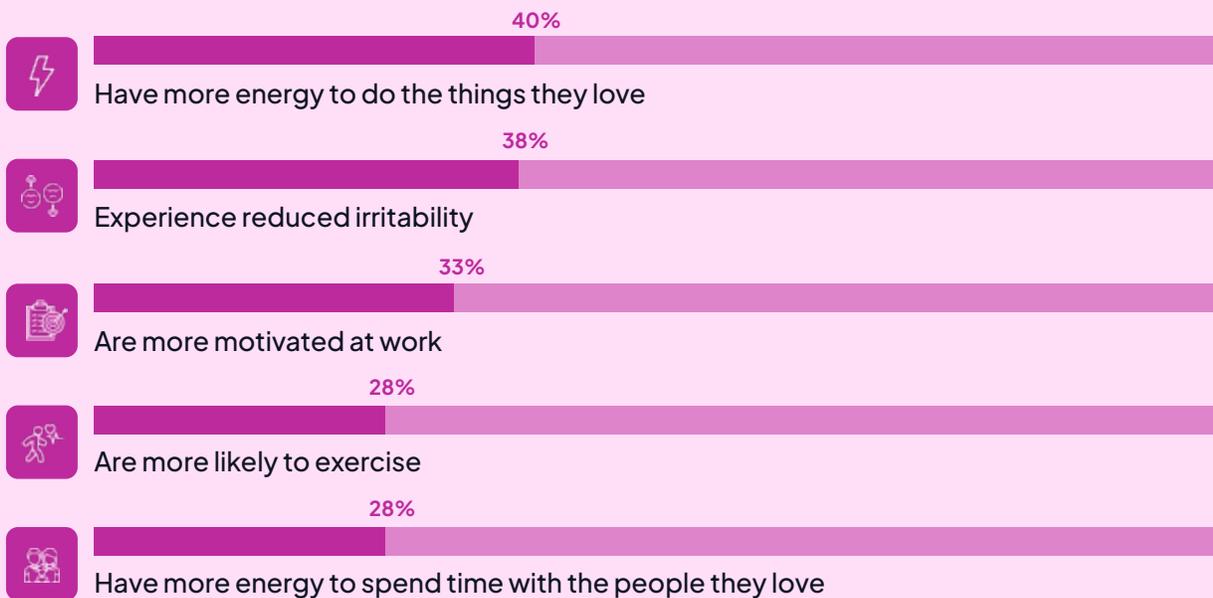
### Weekly stressors interfering with sleep:



Just as sleep loss takes a toll, restorative sleep — waking up feeling truly rested — makes a measurable difference.<sup>1</sup> When people get a good night's rest, they report mental health benefits, including:

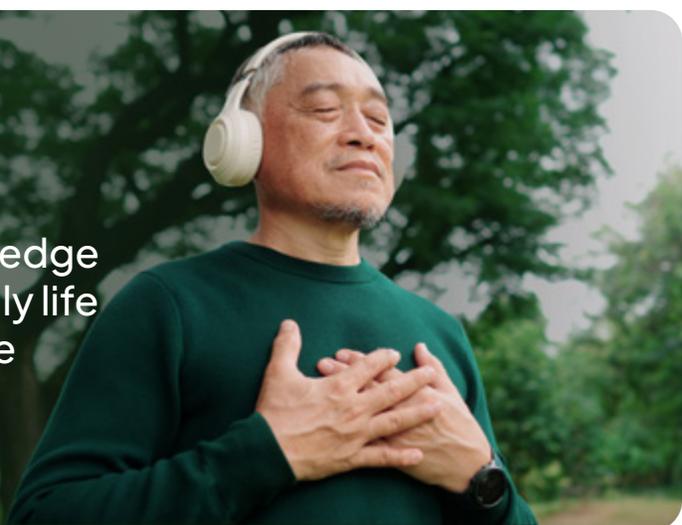


### The positive mental health benefits of a good night's sleep:



Improving sleep health requires more than better sleep habits.

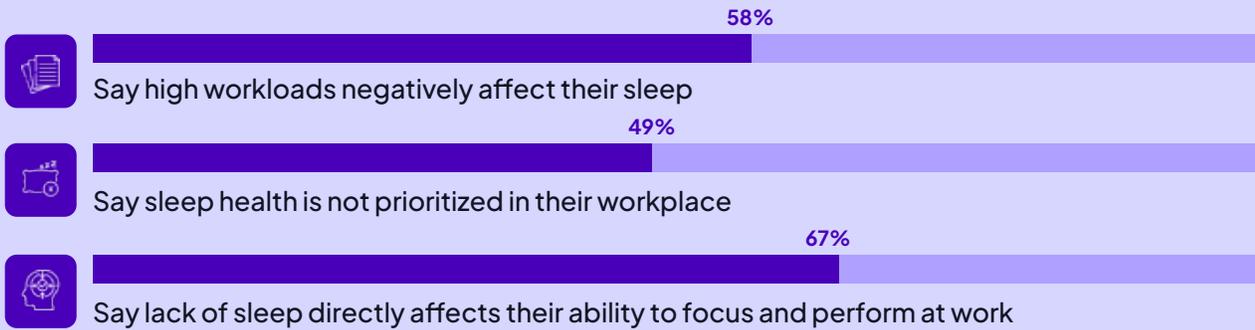
It calls for solutions that acknowledge the sources of stress shaping daily life and help create conditions where quality sleep is more attainable.



# Sleepless in the workplace

Around the world, long hours, demanding schedules and constant connectivity leave many employees fatigued and struggling to fall asleep at night.<sup>3</sup>

## Work demands are also a significant driver of sleep disruption:

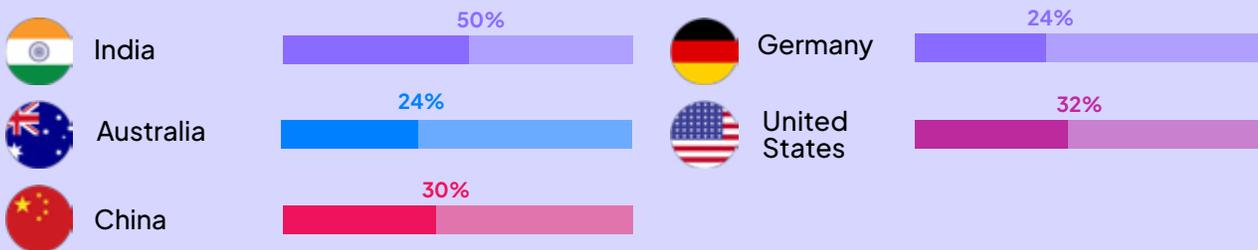


**Snooze days** refer to sick days an employee takes because they are too tired to work after a night of poor sleep.

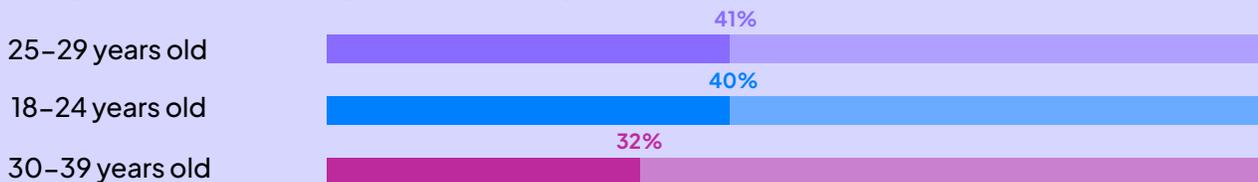
These “snooze days” signal growing sleep debt and its impact on the workforce.

**70%** admit they have called in sick to work because they were too tired after a poor night’s sleep.

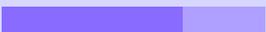
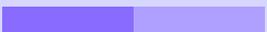
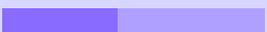
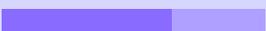
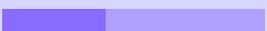
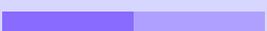
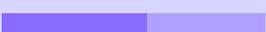
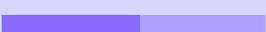
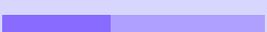
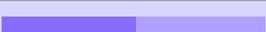
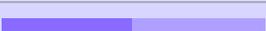
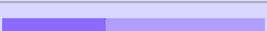
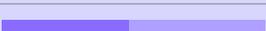
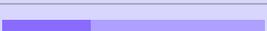
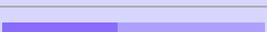
## Top countries taking a “snooze day” four times or more a year:



## Top generations taking a “snooze day” four times or more a year:



<sup>3</sup>American Academy of Sleep Medicine. (2023). Cost of fatigue at work. National Safety Council.

Country (ranked)	Have taken a “snooze day” at least once in a year	Believe sleep health is not prioritized in the workplace
 India	 92%	 57%
 China	 80%	 54%
 United States	 73%	 47%
 Australia	 72%	 45%
 Singapore	 72%	 42%
 United Kingdom	 62%	 47%
 Brazil	 58%	 53%
 Germany	 56%	 44%
 Mexico	 55%	 51%
 Poland	 53%	 44%
 Korea	 51%	 35%
 France	 47%	 49%
 Japan	 39%	 25%

As workloads intensify and boundaries between work and rest blur, employers can influence sleep outcomes.

59% of respondents say flexible work arrangements help them better manage their sleep.

“Our bodies are biologically wired for daytime wakefulness and nighttime sleep, yet widespread sleep debt is spilling into the workplace, undermining health, safety and productivity. Long hours, intense workloads and limited support leave workers exhausted and unfocused, making a strong case for sleep to be treated as a core pillar of workplace wellbeing.”

**Lisa Artis, Deputy CEO of The Sleep Charity (UK)**

# Who you share a bed with matters

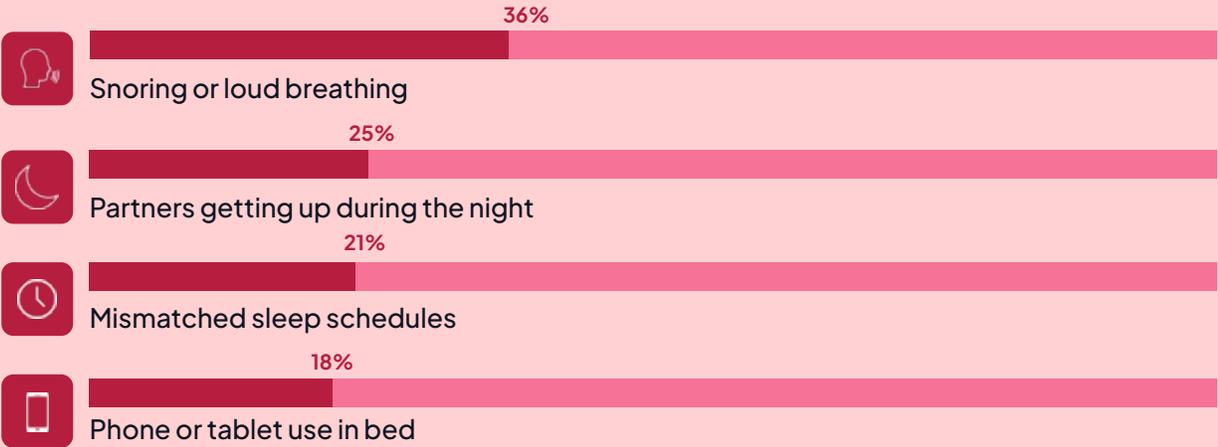
Among people in relationships, 85% share a bed with their partner most nights. However, these patterns differ sharply by country. People in Brazil (75%) and France (70%) are far more likely to sleep with their partner every night, compared with Korea (39%) and Japan (29%).

These shared arrangements often come with disruption.

 **39%** Say their partner disrupts their sleep at least once a week

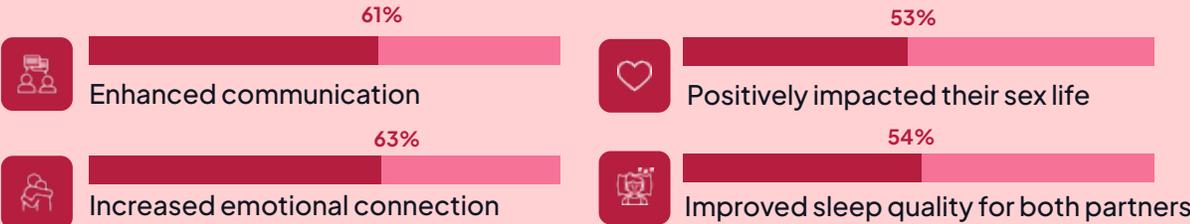
 **20%** Say their partner never disrupts their sleep

## The most common causes of partner sleep disruption include:



In Resmed’s 2025 Global Sleep Survey, many people reported that bed partners disrupted their rest,<sup>2</sup> however 2026 data revealed significant positive effects from bed sharing.

## Most couples who share a bed nightly said it:



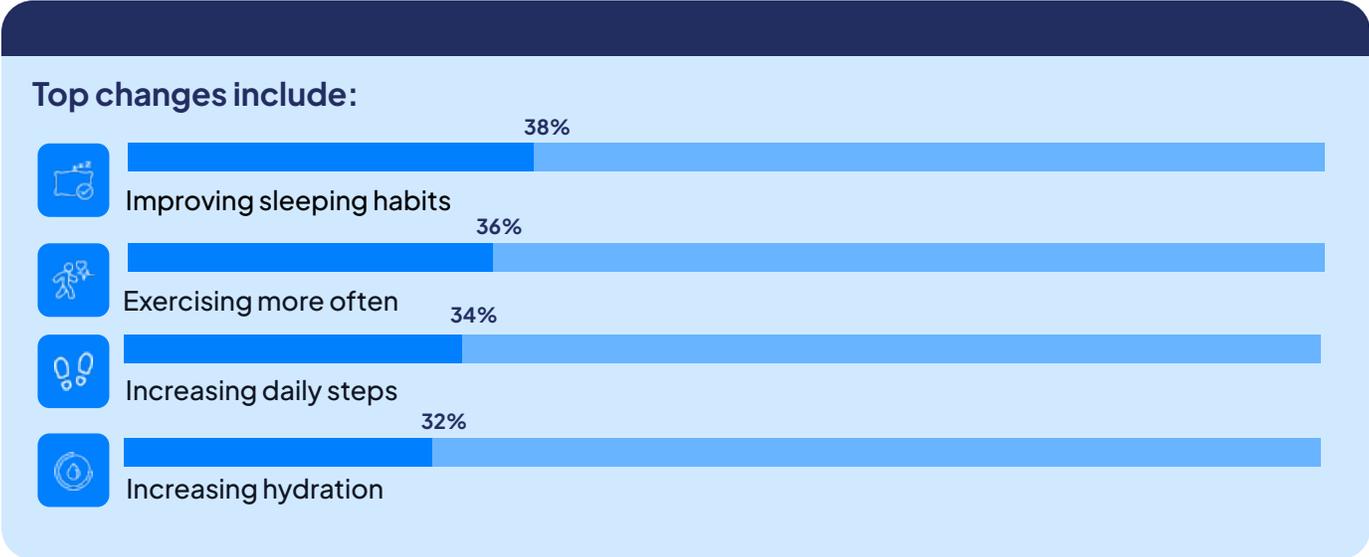
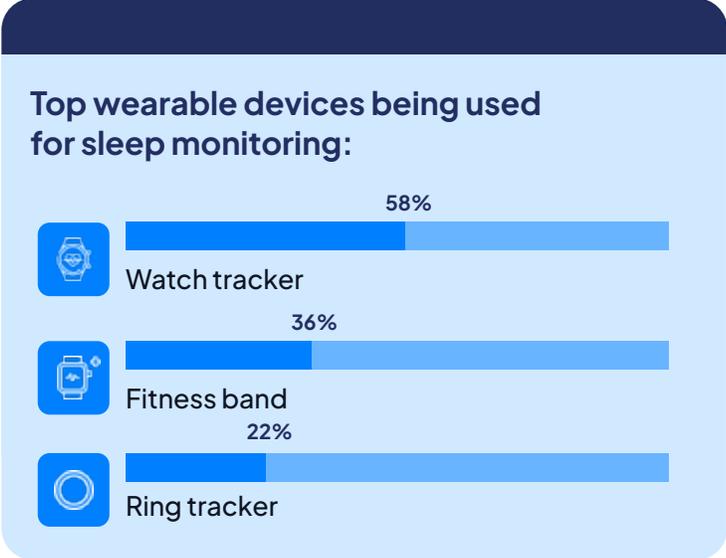
# Unlocking better sleep through data and doctor dialogues

Progress in sleep health prioritization is accelerating, with increased knowledge on the importance of sleep and its effect on overall health. The opportunity now lies in turning that momentum into sustained improvements that help more people achieve consistent, quality sleep.

## Wearable data is accelerating momentum toward more proactive, informed sleep decisions.

Nearly four in ten people (39%) check their sleep at least once a week using a smartwatch, ring or fitness band, signaling a fundamental shift in how people engage with their sleep.

93% of users say they have made changes to their lifestyle based on information from their wearable device.



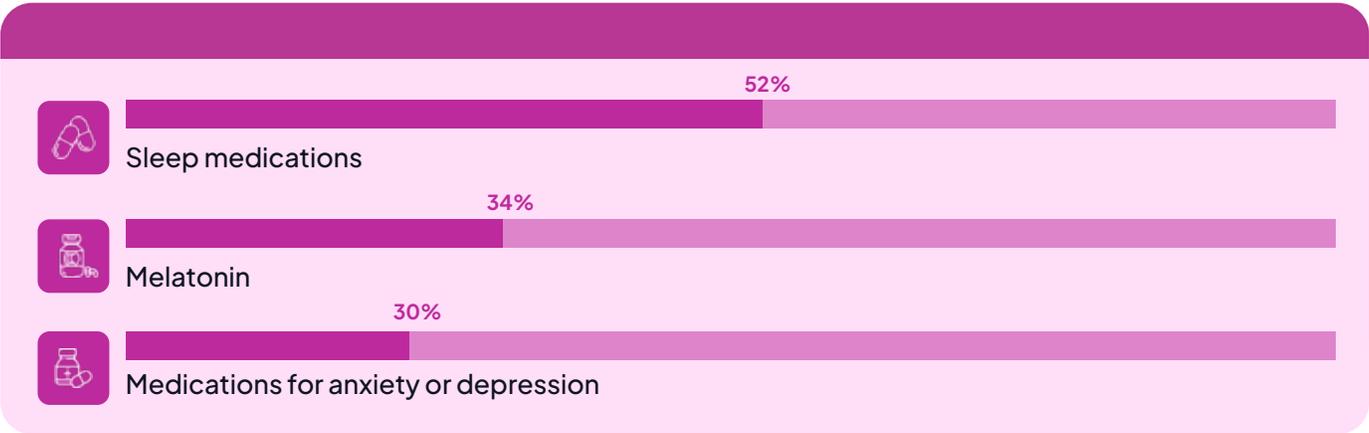
As sleep tracking becomes the norm, the real opportunity isn't collecting data — it's using it.

Wearables can spark more informed provider conversations and turn awareness into action.

# Partnering with your doctor for better sleep

Despite sleep data becoming more accessible, many people are still navigating sleep challenges on their own. Yet survey findings suggest there is both interest and opportunity for greater clinical engagement.

For 40% of respondents, solutions from their doctor play a role in solving sleep challenges, most commonly:



Sleep tests can also help identify the root cause of sleep issues. Yet nearly 30% of people say their provider has never recommended one, despite being open to completing it.

A sleep test collects information from your body as you sleep. Your doctor can use this information to determine if you have a sleep condition. Even when sleep testing is recommended, practical and emotional barriers stand in the way, including:



Earlier conversations with a healthcare provider can open the door to personalized guidance, screening and practical strategies.



“Providers, particularly primary care providers, are uniquely positioned to help people move beyond coping with poor sleep. By bringing sleep into everyday healthcare conversations, we can translate awareness into personalized care and help more people access the support they need. Sleep issues aren’t ‘just part of life’ — doctors can help you find practical, evidence-based ways to improve your rest and well-being.”

**Moira Junge, Sleep Health Foundation AU**

## Sleep conversation starters:

### For patients



“I’m tired most days even when I think I sleep enough. Is that normal?”



“What are the biggest red flags that my sleep problems may need medical attention?”



“What’s one or two things I can start doing now to improve my sleep?”



“How can I best optimize my energy?”

### For healthcare providers



“How are you sleeping lately?”



“Do you feel rested and alert during the day?”



“Has anyone noticed changes in your sleep, such as loud snoring, pauses in breathing, or restless movements?”



“Are you pregnant or experiencing menopause?”



“How is your mental health? Do you feel stressed, anxious, or depressed?”

# Turning progress into lasting sleep outcomes

For those looking to feel more refreshed and maintain quality rest, the following strategies from Dr. Carlos Nunez, Resmed's Chief Medical Officer, provide a clear roadmap for healthy sleep habits:



## Maintain a consistent sleep schedule

Going to bed and waking up at the same time each day stabilizes your circadian rhythm. Frequent schedule changes can leave you tired or struggling to fall asleep.



## Create a sleep friendly environment

Make sure your sleeping environment is cool, dark and quiet to enhance sleep quality. This also means removing any distractions like electronic devices.



## Avoid falling for sleep fads

Be wary of quick fixes or trendy sleep products. Focus on evidence-based habits like stress management, limiting caffeine and alcohol and seeking medical care for ongoing issues.



## Track your sleep patterns

Keeping a sleep journal or using a sleep tracking tool can help you monitor patterns, identify disruptions and provide information for discussions with your healthcare provider.



## Start a sleep dialogue with your doctor:

Discuss your sleep habits during your annual check-up. If your doctor doesn't bring sleep up, be proactive and share any patterns, difficulties or questions to ensure it is part of your overall health conversation.

# Take charge of your sleep

If you wake up feeling groggy or drained most days, your sleep may need attention.

If you have any concerns or questions about your sleep, speak to your healthcare provider.

Better sleep is possible. It starts with awareness, action and the right support.

Curious about your sleep?  
Explore Resmed's tools.



## Sleep Assessment

Take an in-depth questionnaire to identify potential risk factors linked to obstructive sleep apnea, insomnia, and snoring.



## SelfieScreener AI tool\*

Capture a selfie to get instant, AI-driven insights into visual indicators of your sleep health.

\*SelfieScreener AI tool is currently available in select countries.

## About Resmed

At Resmed (NYSE: RMD, ASX: RMD), we create life-changing health technologies that people love.

We're relentlessly committed to pioneering innovative technology to empower millions of people in 140 countries to live happier, healthier lives.

Our AI-powered digital health solutions, cloud-connected devices and intelligent software make home healthcare more personalized, accessible and effective.

Ultimately, Resmed envisions a world where every person can achieve their full potential through better sleep and breathing, with care delivered in their own home.

Learn more about how we're redefining sleep health at [Resmed.com](https://Resmed.com) and follow @Resmed.

## Methodology

Resmed's 2026 Global Sleep Survey aims to provide a comprehensive and wide-ranging snapshot of how people around the world sleep today.

This is the sixth year that we have conducted this global survey.

Resmed commissioned an independent survey of 30,000 individuals across 13 markets: the United States (5,000), China (5,000), India (5,000), United Kingdom (2,000), Germany (2,000), France (2,000), Australia (1,500), Japan (1,500), Korea (1,500), Brazil (1,500), Poland (1,000), Singapore (1,000), and Mexico (1,000).

The survey was developed in partnership with The Sleep Health Foundation (Australia) and The Sleep Charity (UK), leveraging their expertise to help identify and refine key focus areas.

Samples within each country were representative of national gender and age distributions.

The survey was fielded by Cint from 11 December 2025 to 14 January 2026.