

Sample 1000 Adult Interviews
Conducted May 27 - 29, 2015
Margin of Error ±4.1%

1. How much sleep do you generally get each night?

6 hours or less	38%
7 or 8 hours	54%
9 hours or more	6%
Not sure	2%

2. How many days a week do you wake up still feeling tired and poorly rested?

0	15%
1	11%
2	15%
3	14%
4	9%
5	10%
6	5%
7	14%
Not sure	7%

3. How much, if at all, do you enjoy sleeping?

A lot	61%
A little	33%
Not at all	2%
Not sure	4%

4. How often do you have nightmares?

Never	22%
A few times a year	41%
Once or twice a month	18%
A few times a week	9%
Every night	1%
Not sure	9%

5. Do you have any recurring dreams?

Yes	37%
No	49%
Not sure	13%

6. Is the recurring dream a good dream or a bad dream?

Asked of those who have recurring dreams

Good dream	41%
Bad dream	34%
Not sure	25%

7. Have you ever changed your life as a result of something you dreamed about?

Yes	17%
No	73%
Not sure	10%