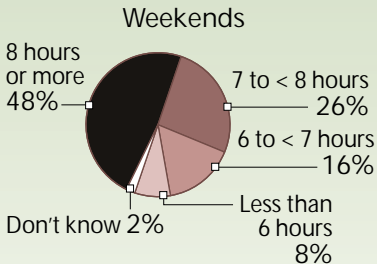
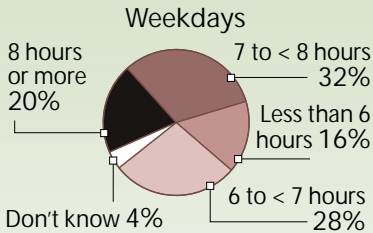


Sleeping patterns

Results of a survey of 1,000 American adults:

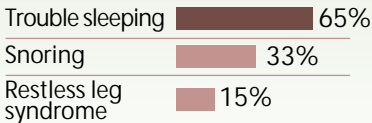
Hours slept

Number of hours adults said they sleep in one night:

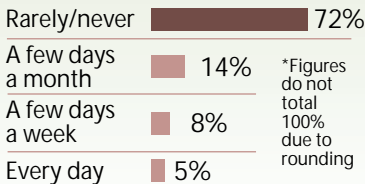


Sleep disorders

Percent of adults who reported these sleep problems at least a few nights a week in a month.



Adults who said sleepiness interfered with daily activities*:



*Figures do not total 100% due to rounding

Source: National Sleep Foundation 2008

MCT Graphic