

Global Sleep Study 2025 reveals India's growing sleep crisis

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ResMed, a global health technology leader focused on sleep, breathing, and care delivered in the home, has unveiled the findings of its fifth annual Global Sleep Survey.

With insights from 30,026 respondents across 13 markets, the study underscores a widespread global sleep crisis, with people losing an average of nearly three nights of restorative sleep each week.

Although awareness of sleep's significance is on the rise, countless individuals still struggle in silence, caught in a relentless cycle of fatigue. The study shows that globally, nearly one in four respondents (22%) resign themselves to poor sleep rather than seeking support.

This is true for India, too. The hidden crisis extends its reach into every aspect of life - disrupting work, straining relationships, and taking a toll on mental well-being. Given its widespread impact, there is an urgent call for greater awareness and proactive measures to address sleep health.

The study showed that 49% of Indians reported struggling to fall asleep at least three times a week. Quality sleep directly impacts workplace performance, but many employees struggle due to sleep deprivation.

Also, women experience poorer sleep quality than men. In India, women (17%) are more likely than men (12%) to take sick

leave due to poor sleep.

ResMed commissioned a survey of 30,026 individuals in the United States (5,000), China (5,000), India (5,000), United Kingdom (2,000), Germany (2,004), France (2,001), Australia (1,501), Japan (1,500), Korea (1,500), Thailand (1,519), New Zealand (1,000), Singapore (1,000), and Hong Kong (1,001). The samples within each country were representative of the population's gender and age breakdowns. The survey was fielded by PureSpectrum from 12 to 28 December 2024.