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# ResMed Global Sleep Survey finds 58% of Indians consider snoring as sign of good sleep

15 March 2023 | News

**54% Indians suffer from morning headaches or concentration issues as symptoms of bad sleep**



US-headquartered company ResMed has released findings from its annual sleep survey, which looked at attitudes, perceptions, and behaviours around sleep health, as well as its impact on overall well-being.

Conducted across Australia, Brazil, China, India, Japan, Korea, Singapore, Mexico, United States of America, United Kingdom, France and Germany, the ResMed commissioned survey found that the majority of 20,050 respondents surveyed recognise the importance of achieving quality sleep and its impact on overall health but understanding of the various solutions to address sleep-related issues remain elusive.

Out of 5018 India respondents, the survey found that 85% of respondents reported satisfaction with their sleep quality. Conversely, participants stated that electronic devices (40%), change of routine (37%), stress (37%), and financial pressures (37%) have caused the decline in their sleep quality, leading to adverse effects such as mood changes, excessive daytime sleepiness, and difficulty in concentration during the day. More alarmingly, 58% of Indian respondents surveyed consider snoring a sign of good sleep highlighting that they were unaware that snoring was a potential trigger of Obstructive Sleep Apnea (OSA) and other sleep-related issues. Contrary to popular assumption, snoring does not indicate a restful night's sleep.

Despite 89% Indian respondents believing that getting a good amount of sleep each night is important for improving the overall immune system, many are still hesitant to seek treatment for sleep apnea or other sleep conditions due to high levels of uncertainty and doubts, particularly over concerns about the cost of treatment (32%) and fearful of potential results (30%).

In fact, the survey found that only a handful would choose to consult a medical provider (20%) with the vast majority deferring to family or friends (57%) and online information (37%), for advice. While 67% respondents stated that doctors in the India ask about the quality of their sleep, close to a third (30%) individuals surveyed continuing to doubt the effectiveness of treatments in improving their overall health highlighting the urgent need to educate them about the health effects on overall sleep health, and proactive measures available to address them.