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Stress acts as biggest barrier to quality sleep of 39% Indians: Resmed's Global Survey

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Majority of Indians (53%) get quality sleep on only four nights a week or less



Resmed, a leading health technology company focused on sleep, breathing and care delivered at home, has unveiled the findings from its sixth annual Global Sleep Survey.

Drawing insights from 30,000 people across 13 countries, the survey reveals a widening gap between recognition of sleep's importance and action to improve sleep health. While 44% of respondents in India rank getting adequate, quality sleep as one of the most important contributors to long-term health (alongside diet and exercise), many are not taking meaningful steps to improve their sleep health.

Insufficient sleep is closely linked to higher risk of anxiety and depression across age groups. After a poor night's sleep, 39% of respondents report feeling more stressed, 35% feel more irritable, and 30% report feeling more depressed.

The findings point to a clear opportunity to improve education, screening and diagnosis so more people can identify sleep issues earlier and access treatment.

47% Indians report getting a good night's sleep only four nights a week or fewer, highlighting the persistent gap between knowing sleep is critical and being able to prioritise it as part of a healthy lifestyle.

Three in four Indians (**75%**) track their sleep using a wearable device at least occasionally. Smartwatches and fitness bands lead the way, with over half of respondents using them to monitor sleep. Among wearable users, **66%** say they would seek medical advice if their device flagged a potential health risk.

The survey has revealed that more than one-third of women surveyed (38%) struggle to fall asleep, compared with 29% of men in 2025.