

Sleeping Positions

UK18 Sample: 12th - 15th November
2021



Total	Gender		Age			
	Male	Female	18-24	25-34	35-44	45-54

RNS_Q1. Which ONE, if any, of the following images BEST represents the position you fall asleep in most of the time?
(Please select the option that best applies)

Unweighted base	2079	974	1105	127	339	385	335
Base: All UK adults	2079	1008	1071	231	316	365	329
The starfish	2%	2%	2%	2%	2%	1%	2%
The wrestler	5%	5%	4%	2%	4%	7%	3%
The yogi	2%	2%	2%	5%	2%	2%	1%
The tackler	2%	2%	2%	4%	2%	4%	2%
The hedgehog	15%	12%	18%	17%	16%	16%	11%
The heavy lifter	20%	21%	18%	28%	24%	16%	21%
The squatter	4%	5%	4%	4%	5%	4%	5%
The freefaller	0%	0%	0%	1%	0%	-	0%
The soldier	5%	6%	4%	2%	4%	6%	4%
The dreamer	18%	16%	19%	15%	15%	17%	19%
The applauder	14%	12%	16%	10%	14%	13%	16%
The sunbather	1%	1%	1%	2%	2%	2%	0%
None of these	5%	5%	4%	4%	3%	5%	5%
Don't know	6%	8%	5%	4%	8%	6%	7%
Prefer not to say	1%	1%	2%	1%	1%	2%	2%

Cell Contents (Column Percentages)

	Social Grade		Region							
55+	ABC1	C2DE	North	Midlands	East	London	South	England (NET)	Wales	Scotland

893	1247	832	491	335	197	234	473	1730	102	185
838	1185	894	484	335	192	272	465	1748	100	175
2%	2%	2%	3%	3%	2%	2%	0%	2%	-	2%
5%	5%	4%	3%	6%	6%	3%	4%	4%	6%	7%
2%	2%	3%	3%	1%	4%	2%	3%	2%	-	2%
1%	2%	3%	2%	2%	3%	3%	1%	2%	1%	1%
15%	15%	15%	14%	18%	13%	15%	14%	15%	17%	16%
16%	19%	20%	20%	17%	19%	18%	23%	20%	20%	15%
4%	4%	4%	4%	5%	3%	5%	4%	4%	5%	3%
0%	0%	1%	1%	1%	-	0%	-	0%	-	-
7%	6%	4%	5%	5%	2%	5%	6%	5%	8%	5%
19%	18%	17%	17%	15%	23%	15%	18%	17%	21%	22%
16%	16%	12%	16%	13%	16%	13%	14%	15%	11%	15%
0%	1%	1%	0%	1%	-	3%	0%	1%	1%	1%
5%	4%	5%	4%	3%	5%	5%	6%	5%	3%	5%
6%	5%	8%	5%	9%	5%	8%	4%	6%	7%	7%
1%	1%	1%	2%	1%	-	2%	2%	2%	-	0%

	Government Region									
Northern Ireland	North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England	London	South East	South West	England (NET)

62	74	221	196	162	173	197	234	289	184	1730
56	70	223	191	164	170	192	272	284	182	1748
1%	-	3%	3%	2%	4%	2%	2%	1%	-	2%
7%	4%	3%	4%	6%	5%	6%	3%	4%	5%	4%
3%	1%	2%	4%	1%	1%	4%	2%	2%	3%	2%
5%	4%	1%	4%	1%	3%	3%	3%	1%	2%	2%
14%	17%	14%	14%	19%	17%	13%	15%	15%	13%	15%
24%	28%	18%	19%	19%	16%	19%	18%	26%	18%	20%
8%	4%	4%	5%	7%	4%	3%	5%	2%	8%	4%
-	-	1%	-	1%	1%	-	0%	-	-	0%
4%	7%	7%	3%	2%	8%	2%	5%	5%	7%	5%
15%	11%	19%	17%	14%	16%	23%	15%	15%	22%	17%
9%	17%	15%	18%	12%	14%	16%	13%	16%	12%	15%
-	-	1%	-	2%	-	-	3%	1%	-	1%
5%	3%	4%	4%	3%	3%	5%	5%	6%	6%	5%
3%	4%	5%	5%	10%	8%	5%	8%	4%	3%	6%
2%	-	3%	1%	2%	1%	-	2%	2%	2%	2%

			Working Status							
Wales	Scotland	Northern Ireland	Working full time	Working part time	ALL WORKERS (NET)	Full time student	Retired	Unemployed	Not working/ Other	Married/ Civil Partnership

102	185	62	837	320	1157	58	569	134	161	981
100	175	56	835	331	1166	84	518	147	164	934
-	2%	1%	1%	2%	1%	4%	2%	1%	3%	2%
6%	7%	7%	5%	3%	4%	1%	5%	7%	4%	4%
-	2%	3%	2%	2%	2%	5%	2%	2%	3%	2%
1%	1%	5%	2%	2%	2%	2%	1%	3%	4%	2%
17%	16%	14%	14%	17%	15%	19%	17%	12%	12%	14%
20%	15%	24%	21%	24%	22%	22%	15%	18%	20%	20%
5%	3%	8%	5%	3%	4%	6%	5%	3%	5%	4%
-	-	-	0%	1%	0%	-	0%	-	-	0%
8%	5%	4%	5%	4%	5%	3%	7%	3%	6%	6%
21%	22%	15%	17%	17%	17%	16%	19%	18%	18%	19%
11%	15%	9%	15%	13%	14%	13%	17%	10%	10%	14%
1%	1%	-	1%	2%	1%	-	-	1%	2%	1%
3%	5%	5%	4%	4%	4%	4%	5%	6%	5%	5%
7%	7%	3%	6%	4%	6%	5%	6%	11%	5%	5%
-	0%	2%	1%	2%	1%	1%	1%	3%	3%	2%

Marital Status				Children in Household						
Living as married	Separated/ Divorced	Widowed	Never Married	0	1	2	3+	ALL WITH CHILDREN IN HOUSEHOLD (NET)	Refused	Parent/ guardian (any age)

279	173	84	559	1533	226	205	82	513	33	1197
275	163	75	627	1514	241	203	87	532	34	1156
2%	1%	2%	2%	2%	1%	1%	-	1%	-	1%
5%	5%	5%	4%	5%	2%	4%	5%	4%	8%	5%
1%	2%	2%	4%	2%	2%	1%	4%	2%	-	2%
1%	1%	1%	2%	2%	3%	4%	1%	3%	-	2%
16%	15%	19%	16%	15%	17%	15%	22%	17%	5%	15%
21%	17%	16%	20%	19%	22%	24%	13%	21%	18%	19%
6%	3%	2%	5%	4%	5%	6%	3%	5%	5%	5%
-	-	-	1%	0%	0%	-	-	0%	-	0%
6%	3%	7%	4%	6%	4%	3%	5%	4%	-	5%
18%	20%	13%	15%	18%	19%	17%	13%	17%	9%	18%
12%	19%	22%	13%	15%	13%	14%	7%	12%	9%	15%
1%	1%	-	1%	0%	0%	1%	6%	2%	3%	1%
3%	6%	2%	5%	5%	2%	3%	13%	4%	-	4%
7%	6%	7%	7%	6%	5%	5%	8%	5%	21%	6%
1%	1%	-	2%	1%	3%	1%	-	2%	23%	1%

Parent/ Guardian							Social Media/ Message			
Not parent/ guardian	4 years and under	5 to 11 years	12 to 16 years	17 to 18 years	18 years and under	Over 18 years	Facebook	Twitter	LinkedIn	Pinterest

882	175	257	189	77	510	755	1413	668	363	222
923	175	257	189	76	508	716	1408	702	370	230
3%	1%	1%	1%	2%	1%	1%	2%	2%	2%	2%
4%	3%	5%	5%	4%	4%	5%	4%	4%	4%	4%
3%	2%	2%	3%	3%	2%	2%	2%	1%	1%	2%
2%	3%	5%	3%	1%	3%	2%	1%	2%	1%	1%
15%	19%	18%	16%	10%	16%	15%	16%	14%	19%	13%
20%	31%	17%	17%	26%	22%	18%	21%	22%	21%	21%
4%	3%	5%	4%	8%	5%	5%	4%	4%	3%	3%
0%	-	-	-	1%	0%	0%	0%	1%	1%	1%
5%	5%	3%	3%	6%	4%	6%	4%	5%	5%	3%
18%	12%	18%	22%	22%	18%	17%	18%	19%	18%	20%
13%	9%	11%	12%	11%	12%	17%	15%	14%	15%	15%
0%	2%	3%	1%	-	2%	1%	1%	1%	0%	1%
6%	2%	4%	4%	4%	3%	4%	4%	5%	4%	5%
7%	7%	6%	4%	1%	6%	6%	5%	5%	4%	7%
1%	2%	3%	3%	1%	2%	1%	1%	1%	2%	1%

Using service (within the last month)				
Instagram	Snapchat	Facebook Messenger	WhatsApp	Skype

743	195	1221	1456	192
780	251	1218	1470	185
2%	1%	2%	2%	2%
4%	5%	5%	5%	7%
2%	3%	2%	2%	-
2%	1%	2%	2%	2%
16%	14%	15%	16%	15%
22%	32%	20%	21%	13%
4%	4%	5%	5%	5%
1%	1%	1%	0%	-
4%	3%	4%	5%	9%
19%	18%	18%	18%	15%
14%	10%	15%	14%	13%
1%	0%	1%	1%	2%
4%	4%	4%	4%	7%
4%	3%	5%	5%	8%
1%	0%	1%	1%	2%