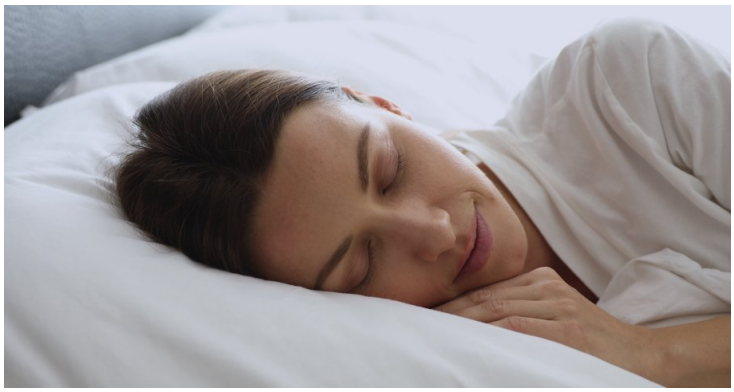
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Philips reveals poor sleeping pattern of Singaporeans

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Global study reveals Singaporeans now average 7 hours of sleep per night, up from 6.4 hours in 2019



Singaporeans are sleeping more on average, getting 7 hours of sleep per night (vs 6.4 hours in 2019) – 6.7 hours on weekdays (vs 6.3 hours in 2019) and 7.5 hours on the weekend (vs 6.7 hours in 2019). This finding was among others announced by Royal Philips, a global leader in health technology, in its 5th annual sleep survey, *"Wake Up Call: Global Sleep Satisfaction Trends"*.

While Singaporeans are achieving the recommended minimum hours of sleep per night, sleep satisfaction of Singaporeans remains low, with almost half (49%) of Singaporeans saying they are not satisfied with their sleep. Some even feel disempowered when it comes to trying to get enough sleep, where 34% say getting adequate sleep is beyond their control.

Philips' global sleep survey found that the fear of the unknown is a limiting factor for people getting diagnosed for sleep conditions such as obstructive sleep apnea (OSA). A quarter (26%) of Singaporeans believe they might be at risk of OSA, yet 24% are afraid to take a sleep test because they do not want to know if they have OSA.

Faced with the lack of quality sleep, 64% of Singaporeans also say they are interested in new information and strategies to improve their sleep. To combat their sleep woes, Singaporeans this year are experimenting with a variety of methods, including reducing their caffeine consumption (28%), instituting a set bedtime or wake-up schedule (27%) and reading (23%) in pursuit of better sleep.

In conjunction with WSD, Philips is offering a Home Sleep Test promotion worth $350 to diagnose for OSA. The first 50 users who have been assessed as high risk of OSA through our Online Sleep Quiz will be able to book for free and for the next 50 users it will be $50. For subsequent users, it will costs as low as $100 for the home sleep test. After completing the booking for a home sleep test, an email will be sent to those who have scheduled an appointment with details for receiving a home sleep test kit.

Additionally, Philips is also offering a free Home Sleep Test Kit to those who suspect themselves or loved ones to be at risk of OSA. The Home Sleep Test kit will be delivered and allows individuals to identify sleep issues in the comfort of their home.