Study on sleeping behavior – Only half of the Swiss people sleep well – News

Oliver Adey 20 June 2022

- Almost two-thirds of Swiss people are plagued by at least one form of sleep disorder at night.
- According to a study, just under half said they were able to sleep well to very well.
- One in five people rated their own sleep as “not good or not at all good”.

According to the study, the German-speaking Swiss were the least likely to complain of bad to very bad sleep (19 percent). In the Romands it was 26 percent, in Ticino even 32 percent. City dwellers also seem to have more trouble sleeping than people living in the countryside.

To the study

The “Health Forecast” study on sleep behavior in Switzerland was financed by the health insurer Sanitas. Around 2,000 people between the ages of 18 and 74 from all parts of the country took part in the survey.

The “healthy character” the respondents ascribe to themselves also has a great deal of influence on sleep quality: “Health muffles” complain much more often about poor sleep than health enthusiasts, pragmatists and those interested in health.

Studies suggest that poor sleep and lack of sleep impact health and mental well-being. For example, sleep problems and lack of sleep can increase depression, exacerbate listlessness and lead to more accidents. In the longer term, the risk of cardiovascular disease also increases.

Teeth grinding, snoring and calf cramps

According to the survey, however, many do not know how harmful sleep deprivation can be. Teeth grinding, snoring and leg cramps are just a few examples of the sleep-depriving factors Switzerland suffers from. Many also struggle with problems sleeping through and falling asleep, tending to be more women than men.

Almost one in ten people are so plagued by nightmares that they would call it a sleep disorder. Half of the respondents are haunted by scary dreams at least once a year.

Cell phones keep us from sleeping

The study results of the “Health Forecast” flowed into a book entitled “The New You”. Rosita Neumann, neurologist and sleep doctor at the Hirslanden Group’s Center for Sleep Medicine in Zurich, states in an interview in the book that “the blurring of the dividing line between work and private life” due to constant availability leaves us more frequently or permanently stressed.

“If we look at our mobile phone in this tense state in the evening instead of sleeping, our biological clock gets confused and keeps us even more from sleeping,” the researcher is quoted as saying.

Stress and worry are blamed for poor sleep for nine out of ten respondents. Cell phone, PC and TV use are also on the list of troublemakers, along with pain, noise, poor diet, alcohol and lack of exercise.

sex for better sleep

In order to counteract the insomnia, almost one in ten respondents takes medication. A similar number try homeopathic remedies and almost every twentieth try CBD drops.

63 percent of men also state that they sleep better after sex, compared to 46 percent of women. The people of Ticino in particular rate sex as a helpful means of getting a good night’s sleep.