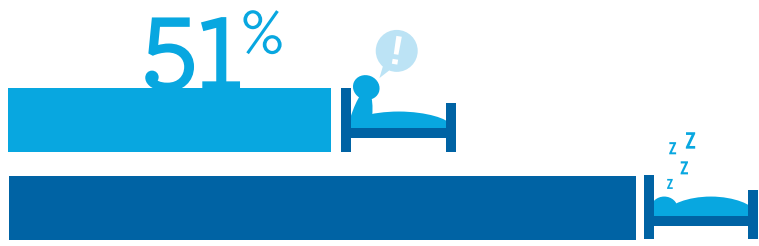
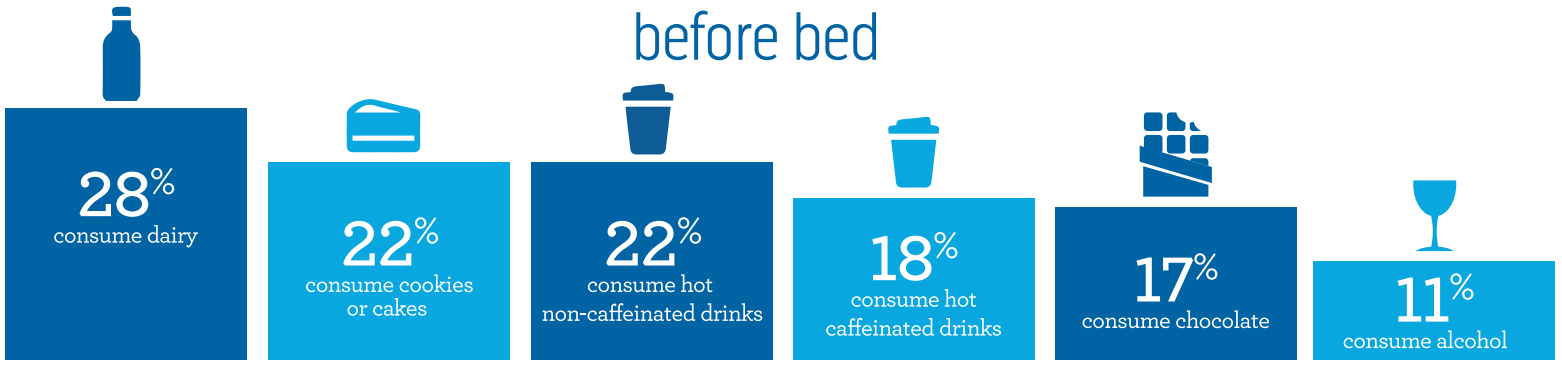


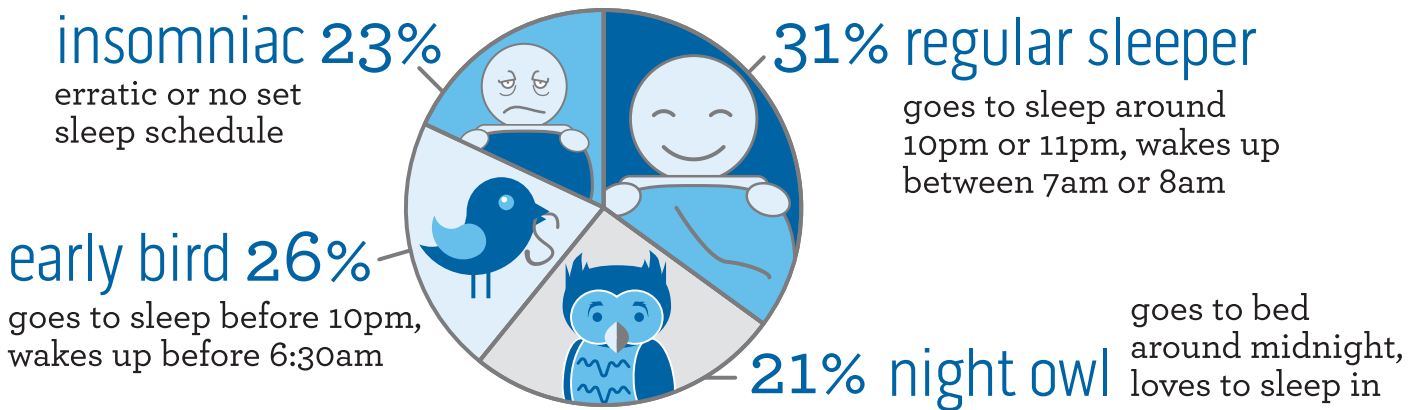
# 2019 Global Relaxation Report



more than half of the world is getting less sleep than they need



86% do not set aside time every day to relax



## the most sleep deprived countries



Adults getting somewhat less or much less sleep than need

