



## New Zealand got the most sleep of all countries in November

**5<sup>th</sup> December, 2014** – A survey by Sleep Cycle including 351,044 users shows the world's November sleep patterns. New Zealand got the most sleep in November and went to bed earlier than any other nation. The same pattern applies to the people of Japan, who got the least amount of November snooze, and also were among the last to go to bed. Mexico got out of bed first and Spain slept in the longest.

### Average time in bed (h:mm) 1-30 November 2014

1. Japan	5:56	11. US	7:11
2. South Korea	6:03	12. Canada	7:15
3. Brazil	6:37	13. Denmark	7:16
4. Mexico	6:40	14. Sweden	7:16
5. China	6:42	15. France	7:16
6. Italy	6:58	16. Australia	7:20
7. Spain	6:58	17. UK	7:22
8. Germany	7:09	18. Belgium	7:23
9. Norway	7:10	19. Netherlands	7:26
10. Switzerland	7:11	20. New Zealand	7:27

### Average bedtime (hh:mm) 1-30 November 2014

1. New Zealand	23:28	11. Netherlands	0:04
2. Australia	23:33	12. Norway	0:13
3. Denmark	23:45	13. Mexico	0:14
4. Switzerland	23:48	14. France	0:16
5. US	23:48	15. Italy	0:32
6. Sweden	23:49	16. Brazil	0:33
7. Germany	23:54	17. China	0:33
8. UK	23:54	18. Spain	0:36
9. Canada	23:55	19. Japan	0:48
10. Belgium	0:03	20. South Korea	1:07

### Average wake-up time (hh:mm) 1-30 November 2014

1. Mexico	7:07	11. Canada	7:33
2. Switzerland	7:11	12. UK	7:34
3. Japan	7:11	13. South Korea	7:39
4. New Zealand	7:12	14. Norway	7:41
5. Australia	7:12	15. Belgium	7:43
6. Denmark	7:18	16. Netherlands	7:47
7. US	7:20	17. France	7:48
8. Sweden	7:20	18. China	7:48
9. Germany	7:21	19. Italy	7:49
10. Brazil	7:31	20. Spain	8:02

This report includes 351,044 male and female Sleep Cycle alarm clock users. All countries included have a minimum of 2000 registered users, ages 18-55, who voluntarily and anonymously shared their sleep data during the time period of 1-30 November - 2014. ©www.sleepcycle.com

[Please find images through this link.](#)

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#### **Sleep Cycle**

With millions of users all over the world, Sleep Cycle alarm clock wakes users up in the lightest sleep phase. Sleep Cycle utilizes the accelerometer in the phone to track movement patterns and determine which sleep phase users are in. Waking up during the lightest sleep feels like waking up without an alarm clock – a natural wake up where you feel rested and relaxed. It's waking up made easy.