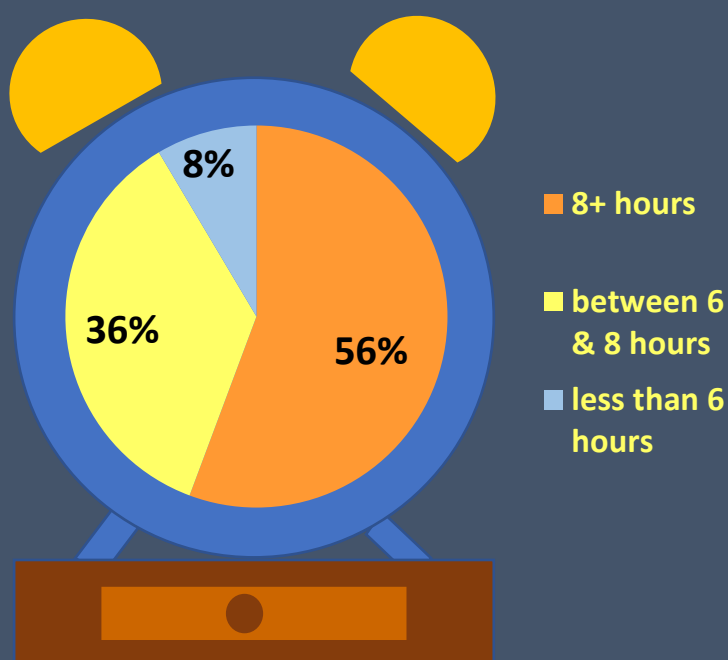
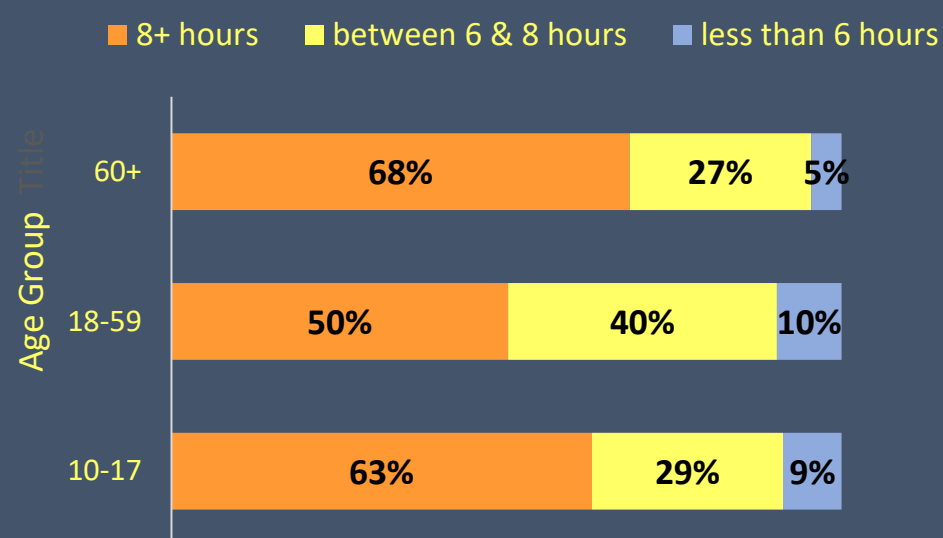


# It's Sleeping time

## How much do Sri Lankans sleep?

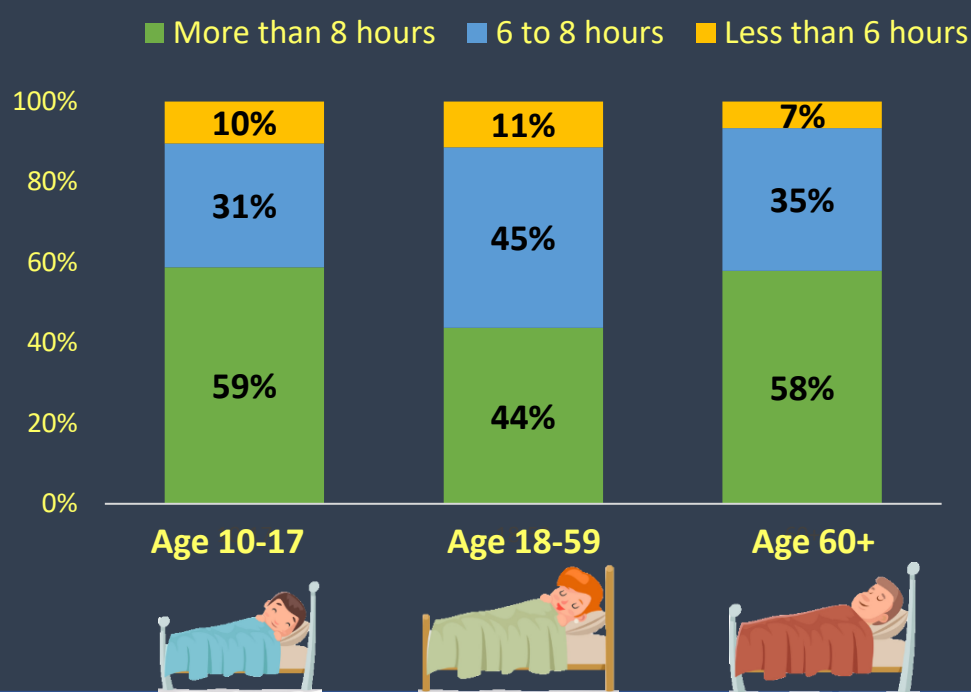
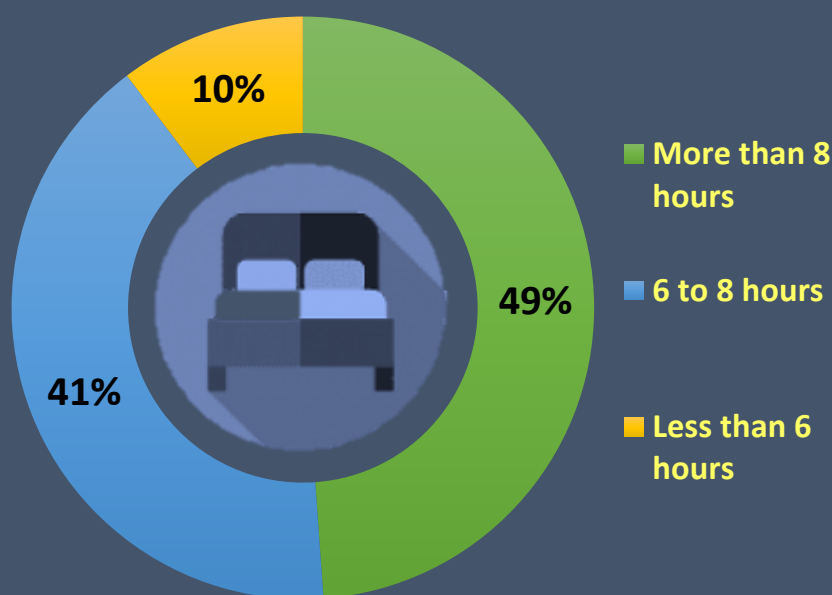


## Percentage of people spent time in sleeping per day by age group



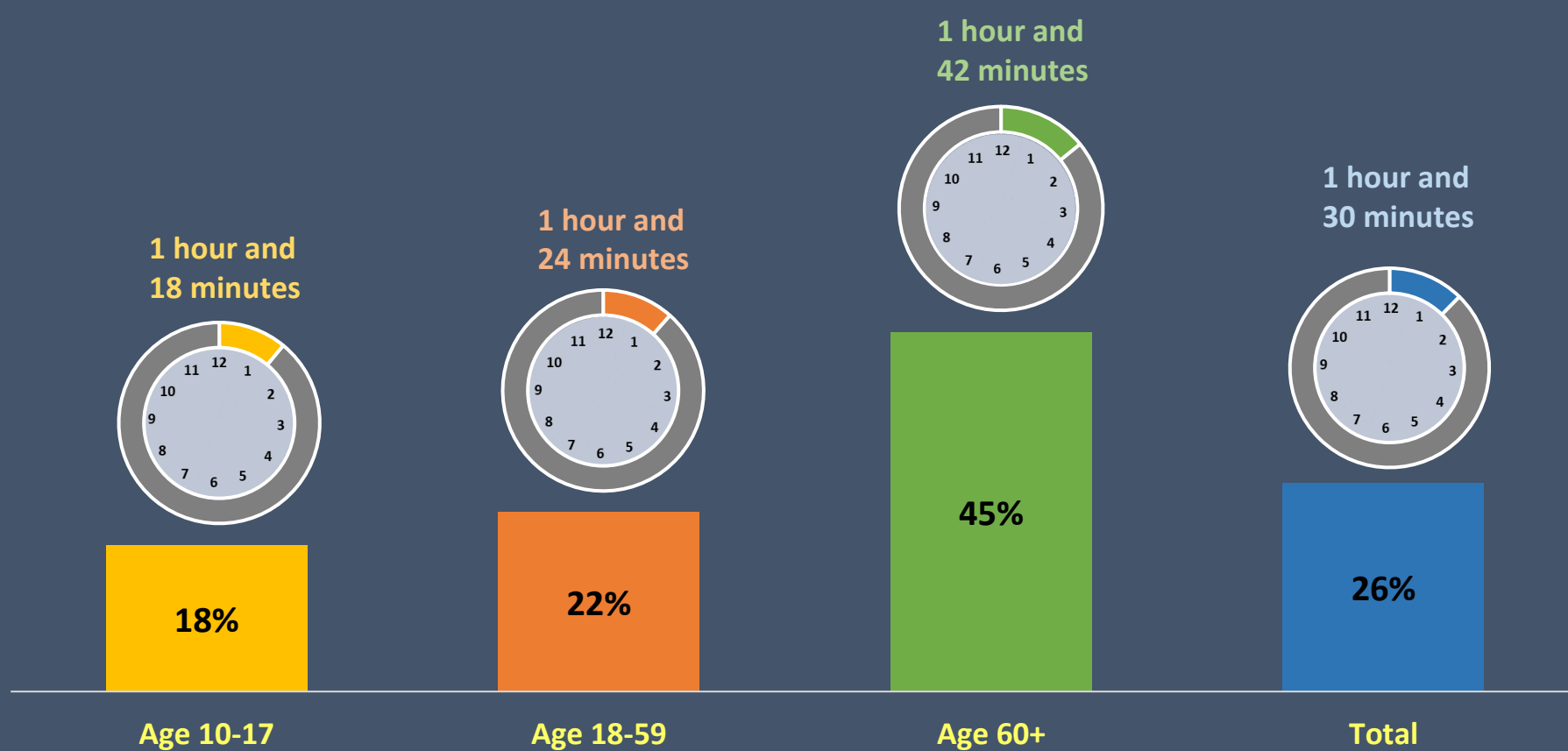
Note : These data are for Sri Lankans 10 years and above age who were done sleep. "Sleep" includes night sleep/essential sleep, incidental sleep/naps , sleeplessness, other sleep and related activities

## Percentage of people spent time in night sleep/essential sleep per day



Note : These data are for Sri Lankans 10 years and above age, who were done night sleep/essential sleep.

## How do Sri Lankans participate and how much time they spent per day in incidental sleep/naps?



Note : These data are for Sri Lankans 10 years and above age, who were done incidental sleep/naps .  
Source : Sri Lanka Time Use Survey 2017