



Self Care
Be Your Best

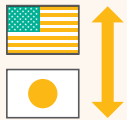
HOW THE WORLD DEALS WITH STRESS AND SLEEP ISSUES

Prevalence

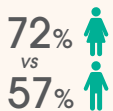
Sleep issues



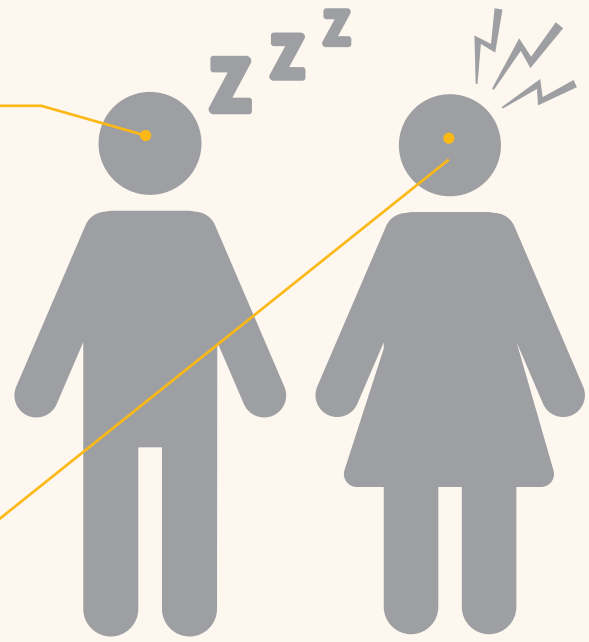
65% of people worldwide suffer from sleep issues at least once per year but only half (54%) are well informed about how to treat it



People in the USA suffer the most from sleep problems: 75% have sleep issues at least once a year compared to 53% in Japan.



Women are more likely to suffer from sleep issues than men



Stress



Over a quarter of people suffer from stress at least once a week (26%), yet 44% waited for it to pass and did nothing the last time they experienced it



Russians are the least knowledgeable about how to treat stress (50%) and Americans are the most knowledgeable (70%)



People with 3 children or more are more likely to suffer from stress than people with no children

Impact on work



In the last month, 20% of people worldwide have gone to work 10 times or more suffering from stress – the highest of any common health condition



People have gone to work on average 7.5 times when suffering from sleep issues in the last month



73% In all countries, stress has the most intense impact in the workplace, with 73% of weekly stress sufferers saying it has an important impact on their mood



7 in 10 7 in 10 people who suffer from sleep issues on a weekly basis say that it has an important impact on their motivation to go to work

Attitudes toward treatment



Despite stress and sleep issues being so prevalent, just 13% turned to a pharmacist for advice last time they suffered from sleep issues - and just 10% spoke to a pharmacist last time they suffered from stress



21% of people who suffer from sleep issues purchase non-prescription medicine; 20% who suffer from stress purchase non-prescription medicine

SANOFI  Empowering Life

The 'Self Care: Be Your Best' Report was commissioned by Sanofi Consumer Healthcare and conducted by IPSOS. The research was conducted via 18,090 online interviews in nine countries, with people aged 18 and over. The individuals in the study were selected to represent the distribution of the national population of gender, age, individual occupation and region in each country through online panels.