

Average Bedtime  
Shift  
(Hours)

0.16

Average Wakeup  
Time Shift  
(Hours)

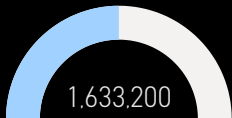
19.09

- Select all
- Argentina
- Australia
- Austria
- Belgium
- Brazil
- Bulgaria
- Canada

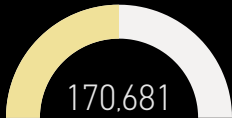
# Sleep Statistics : The Geography of Sleep



Average Sleep Duration  
in Seconds



Average Snore Duration  
in Seconds



# Argentina

Total Participants

# 903K