

The Big Sleep

February 12, 2015 By Jennifer Morton

Getting a good night's sleep is vital to our overall health and well-being. Yet a majority of people living with HIV say they have problems sleeping. POZ recently asked you about your sleep habits and whether or not you are getting enough shut-eye. Here are your responses.

How long does it take you to fall asleep?

More than 30 minutes - 40%

15-30 minutes - 28%

5-15 minutes - 24%

0-5 minutes - 8%

How would you rate the overall quality of your sleep?

Excellent - 7%

Good - 20%

Fair - 40%

Poor - 33%

Do you generally wake up during the night?

Always - 39%

Often - 27%

Sometimes - 28%

Never - 6%

78% of you said the quality of your sleep has changed since your HIV diagnosis.

33% of you said when you wake up, you hit the snooze button.

40% of you fall asleep in front of the TV.

Tip: If you have trouble sleeping, avoid watching TV or using electronic devices like your computer, tablet or cell phone before bedtime.



© 2026 Smart + Strong All Rights Reserved.

<http://beta.docker.poz.com/article/survey-says-march-2015-26811-4686>