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.

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