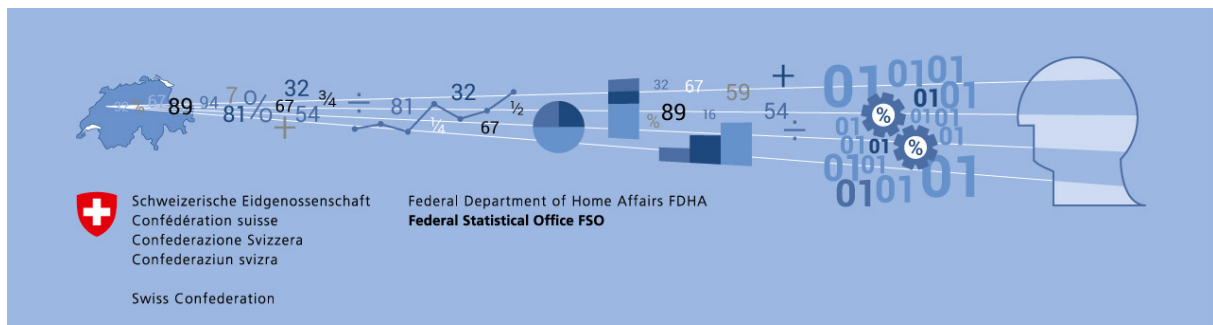




Press release

Embargo: 3.10.2024, 8:30

14 Health

Swiss Health Survey 1997–2022

Sleep disorders have been increasing for 25 years, affecting a third of the population

In 2022, a third of the population suffered from sleep disorders. This is a five percentage point increase from 1997. The increase concerned women and young people aged 15 to 39 in particular. There is a strong correlation between sleeping disorders and mental and physical health. These are some of the results from the Federal Statistical Office's (FSO) latest publication.

You can find the complete text of the press release in German, French or Italian:

For German see: www.bfs.admin.ch/news/de/2024-0165

For French see: www.bfs.admin.ch/news/fr/2024-0165

For Italian see: www.bfs.admin.ch/news/it/2024-0165