

WITHINGS

STRICTLY UNDER EMBARGO UNTIL 09.00 GMT, 12 March 2026

Press release

UK Sleep Crisis: One in five Brits suffer from mild sleep apnoea

- Brits are sleeping less year on year with only 7 hours 16 minutes of sleep on average in 2025, Withings study finds.
- Men over the age of fifty are most likely to suffer from sleep apnoea in the UK



Paris, France, 12 March 2026 – Brits are suffering from sleep conditions which could affect their long-term health, new research from [Withings](#) today reveals. One in five Brits (22%) suffer from mild sleep apnoea – a condition which disrupts breathing during sleep – with almost a quarter of the year (23%) spent suffering from signs of mild sleep apnoea in 2025.

Sleep apnoea is usually categorised by severity: mild, moderate, or severe based on the average number of breathing interruptions per hour. Withings analysed the prevalence of signs of mild sleep apnoea apparent in users in the UK across over 2 million nights (2,138,878) revealing that this silent killer is a lot more common than many people realise.

Poor lifestyle choices, stress and long working hours in the UK could all be contributing factors when it comes to sleep issues. Compared to the rest of Europe Brits ranked higher than Germany and France when comparing the number of mild

WITHINGS

sleep apnoea episodes per person in 2025 with 18% of users with signs of mild sleep apnoea in France and 17% of users with signs of mild sleep apnoea in Germany (versus 22% of Brits in the UK).

Sleep quality is gradually getting worse on a national level with Brits' average sleep score rated at 72 in 2025 – down from a score of 75 in 2024. This score, calculated by Withings' algorithm is based on a combined analysis of nighttime heart rate, total sleep duration, deep, light, and REM sleep phases, nighttime interruptions, breathing difficulties, time to fall asleep, and time to wake up. Brits are also getting less sleep year on year with an average of 7 hours 24 minutes in 2024 versus only 7 hours 16 minutes in 2025.

Beyond sleep duration, the 2025 data reveals marked seasonal variations with Brits sleeping the least on 1st July 2025 and 5th July 2024. They also sleep the longest on average on 5th January 2025 and 27th October 2024 indicating that the seasons play an important role in the amount of sleep British people get at different points throughout the year.

Age heavily influences sleep apnoea prevalence, with the average British sufferer of mild sleep apnoea aged 57, close to the global average of 56. The mean age of all users sampled in the UK is 51, suggesting that sleep disturbances are more prevalent once people hit their fifties.

Not only that but men in the UK are most likely to suffer from sleep apnoea with 26% experiencing the medical condition versus only 14% of women. The exact causes for this are unknown but it can be explained by differences in body weight, upper airway anatomy, breathing control, hormones and aging which could all play a role.¹

The link between Mild Sleep Apnoea and Cardiovascular Risk

¹ <https://www.sciencedirect.com/science/article/abs/pii/S1087079207001451>

WITHINGS

Poor sleep is no longer just a lifestyle complaint; it is a global health emergency. On average 1 billion people² worldwide are affected by sleep apnoea. It remains one of the most dangerous and underdiagnosed conditions resulting in a significantly higher risk of cardiovascular health problems:

- 1.6x increased risk of Type 2 diabetes³.
- 3x higher risk of developing hypertension⁴.
- 4x higher risk of developing AFib⁵.

Whilst the Withings research reveals that one in five Brits suffer from signs of 'mild' sleep apnoea, it shouldn't be ignored, as new independent [scientific research](#) by Flinders University in collaboration with Withings, conducted over four years with 30,000 participants across 20 countries using Withings Sleep Analyzer, reveals that what matters is not only how severe the sleep apnoea is, but also how much the breathing pauses vary from night to night. People with mild sleep apnoea who show high night-to-night variability display signs of arterial stiffness comparable to those seen in people with severe sleep apnoea - indicating that they could be at risk of accelerated cardiovascular aging.

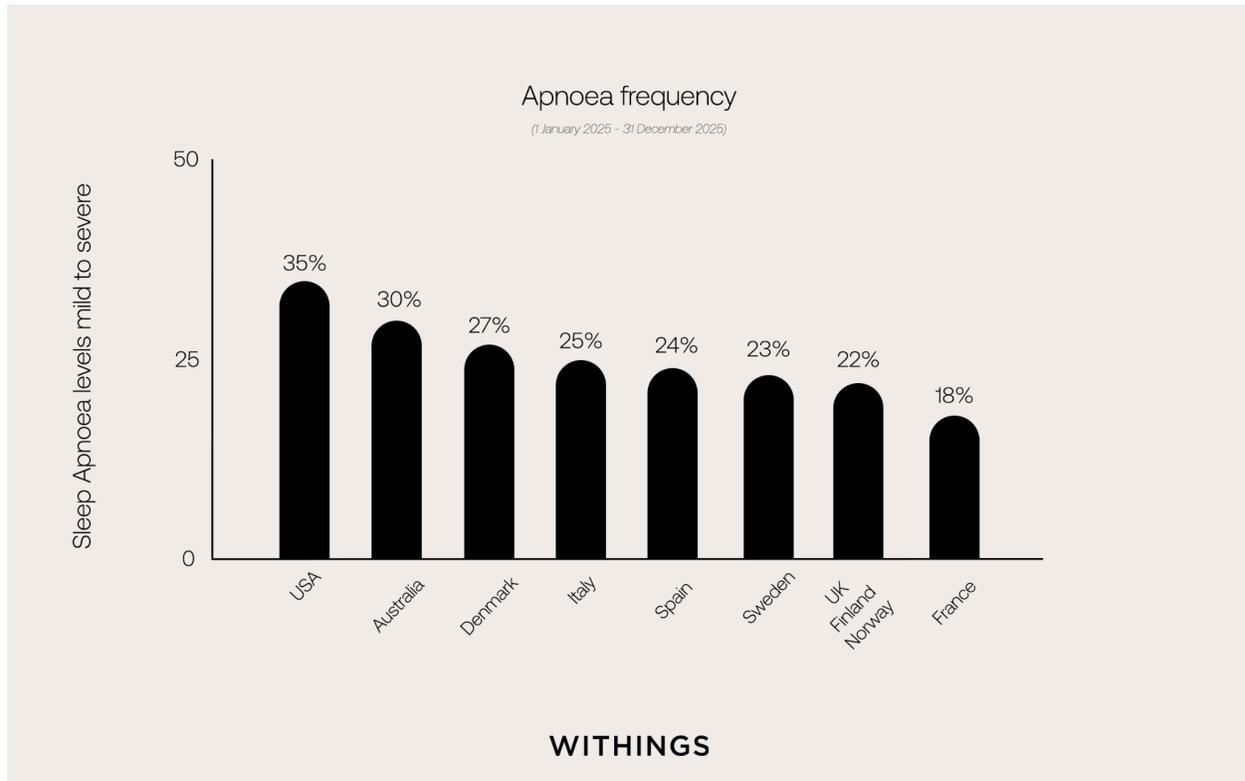
²[https://www.sciencedirect.com/science/article/abs/pii/S0954611125004111#:~:text=Obstructive%20sleep%20apnea%20\(OSA\)%20affects,of%20early%20mortality%20%5B6%5D.](https://www.sciencedirect.com/science/article/abs/pii/S0954611125004111#:~:text=Obstructive%20sleep%20apnea%20(OSA)%20affects,of%20early%20mortality%20%5B6%5D.)

³ <https://pmc.ncbi.nlm.nih.gov/articles/PMC5983096/>

⁴ <https://pubmed.ncbi.nlm.nih.gov/37332747/>

⁵ <https://pmc.ncbi.nlm.nih.gov/articles/PMC12386619/>

WITHINGS



Professor Pierre Escourrou, cardiologist and sleep specialist: “Sleep apnoea is a harmful yet often misunderstood condition characterized by repeated interruptions in breathing during the night, leading to sleep fragmentation, micro-awakenings, and cardiovascular stress. Left untreated, it is a risk factor for cardiometabolic diseases. Sleep apnea often begins in early adulthood, but becomes more common after age 40 to 50. It affects men of all ages, and it affects women more commonly after menopause.”

Withings Sleep Care Solution Closing the Loop: Seamless Access to Specialists

Withings today announces the launch of the **“Sleep Care Solution”**, a new end-to-end experience that offers a direct bridge between home monitoring and clinical sleep specialist intervention. The new medical-grade service available in the US allows users to schedule virtual appointments with sleep-qualified physicians

WITHINGS

from [Dune Health](#), who use their sleep data as the basis for assessment. To help users prepare, the Withings app uses AI to assess the patient profile, and offers validated questionnaires—including the Epworth Sleepiness Scale. Real-time access to a patient’s historical and current sleep data allows sleep physicians to identify subtle, long-term trends, which is crucial for tailoring highly personalized and effective treatment plans. The “Sleep Care Solution” is currently available in the US and it complements two established services already available within the Withings App: Cardio Check-Up, currently available across 49 countries and territories including the UK, and NutriCare nutrition counseling in the United States.

Notes to editors

By analysing bedtimes, awakenings, and nighttime disturbances, Withings smart devices allow users to assess the stability of these rhythms and detect imbalances.

The [Sleep Analyzer](#) is a thin, contactless mat placed discreetly under the mattress that continuously measures breathing rate, heart rate, snoring, and body movements during sleep. The technology has been clinically validated against polysomnography (PSG). In the EU, the Sleep Analyzer is certified as a medical device for the detection of sleep apnoea.

Users receive a Sleep Score at the end of the night summarizing the quality of their sleep, and all data is sync’d instantly with the Withings app via Wi-Fi.

The [ScanWatch 2](#) offers comprehensive health monitoring, utilising 35 biomarkers to track everything from sleep and physical activity to cardiovascular health and menstrual cycle prediction, as well as temperature. This is all powered by the new HealthSense 4 OS, which features new advanced algorithms that deliver the most precise and refined measurements to date.

A record 35-day battery life enables continuous day and night health monitoring of all essential parameters. Overnight tracking is particularly vital as fluctuations in key indicators like heart rate variability, respiratory rate, oxygen saturation, and

WITHINGS

temperature offer deep insights into an individual's overall health, including recovery, stress regulation, and cardiovascular health.

The Withings Sleep Analyzer is available for £129.95 and the ScanWatch 2 for £319.95 from [Withings.com](https://www.withings.com) and through selected retailers such as Boots, Curry's, John Lewis, and Argos.

Methodology

Scope of the Study

The data presented on sleep apnoea reflects an analysis from January 1, 2025 - December 31, 2025 of anonymized and aggregated user data from Withings devices.

[Click here for more information.](#)

About Withings

A pioneer in real-life health monitoring, Withings created the first connected scale in 2009 and has continually innovated since then to offer an ecosystem of clinically validated connected objects, used by 12 million people worldwide, as well as by numerous renowned healthcare centers and research institutes. The Withings ecosystem measures over 90 biomarkers. It includes a sleep analyzer that detects sleep cycles, wake phases, and sleep apnoea. It also features hybrid connected watches that notably track heart rate and its variations day and night, perform a medical-grade electrocardiogram to detect pathologies like atrial fibrillation, or monitor blood oxygenation. Its connected blood pressure monitors allow for home monitoring of blood pressure evolution, thanks to sharing reliable and exhaustive measurement reports with a doctor, and can integrate a stethoscope to detect at-home valvular heart disease, which is more frequent in cases of arterial hypertension.

WITHINGS

To learn more, visit withings.com and contact us on [Facebook](#), [Instagram](#), or [X \(formerly Twitter\)](#).

Press contacts

Jean-François Kitten - jf@licencek.com +33(0)6 11 29 30 28

Imogen Bailey - i.bailey@licencek.com +33(0)6 65 90 42 41

Sacha Lebas - s.lebas@licencek.com +33(0)7 87 06 83 75