

INNER LIVES OF A SLEEPER **Survey results 25/2/2005**

Total records in survey: 82
 Percentage of total: 100.00%

In which direction is your bed oriented?		
Answer	Count	Percentage
No answer	1	1.22%
north (N)	26	31.71%
east (E)	17	20.73%
south (S)	22	26.83%
west (W)	16	19.51%

Do you prefer sleeping alone or with another person?		
Answer	Count	Percentage
No answer	0	0.00%
alone (a)	23	28.05%
together (b)	59	71.95%

Do you prefer to sleep naked. If not, what do you wear?		
Answer	Count	Percentage
No answer	0	0.00%
naked (Y)	36	43.90%
not naked, I wear: (N)	46	56.10%

Did you ever see ghosts, spirits or angels in your bedroom?		
Answer	Count	Percentage
No answer	0	0.00%
no (N)	54	65.85%
yes, I saw: (Y)	28	34.15%

What is the most special or exotic place you have ever slept.		
Answer	Count	Percentage
Answer	82	100.00%
No answer	0	0.00%

a dry part of a riverbed, on the stones, next to the campfire

a möbelschaufenster

at a lake in the mountains - to watch the stars before fall asleep - it was very cold

At St.Crux, a beach in Africa.

auf einer alp mit einem schlafsack zu zweit-aufgewachen mit klebriger rossschnecke neben dem

gesicht und alpöhi der uns zum morgenessen eingeladen hat
beach
beach
beach and outside in the garden
beach, bänke treppen
bij mijn vriend
by canadian lakes
cala san pedro in einer stillen bucht bei vollmond und meeresrauschen
corridor of a train
Dans une gaze du forest
dead sea beach
Eglise St.Germain Paris
forest
Hammock
Hammock on anisland in Kroatia. In southafrican jungle on a steakout.
hoggar-sahara-hotel "mille etoile"
hooiberg douche open hemel in meloenenveld
in a 1m20 high hole under a noisy discotheque
in a building in construction on the 20 th floor with no windows directly on the concrete
In a small house in a island in brasil under a mosquito net. Naked. Together. Very hot and quite.
in a valley above 2000 m in the Gobi desert
in a wooden tent in Africa
in brazil on an island naked and sweaty with my lover
in car near trainstation ghetto
In de kar
in einer steinigen grotte über tosendem meer
in my VW polo
in sicilia on the balcony
in the desert
in the desert
in the Gobi desert
in the grand canyon, USA, under the stars
in the loggage net on the fairy to sardinien when i was a kid
In the open air

In the woods
in the wouds.:~)
I\ve spent nights in a tiny mountain house, next to a wild river, in the Pyreneeën, France, whith plenty of little insects, but that didn\'t bother..
jungle umgeben von glühwürmer 12 wochen auf autositzen
kerkhof
my balkony (25th floor)
my bed was placed at the window site, behind the cristall it went down 1000 feet - imagine it would have broken!
natuurreservaat spanje
on a boat
on a fish
on a mountain in the southern Alps. the stars were like a vaulted roof overhead
On a mountain top
on chairs in the airport of london, each time i waked up, seeing in front of me people rushing and watching above me the screans of departure.
on the beach
On the beach
On the beach at a lake in Lithouwen
on the beach in a grote 5m away from the stormy water, without any possiblity to escape from this special hippieplace-even it was at the age to be taken by the water-we were all save
On the beach in Portugal
on the floor of a driving camionet with a girl next to me and four peopel above me
on the roof of a church
On the tiled porch of a half-finished house in a ricefield about 2 hours out into the countryside out of Jakarta in Java.
on the top rock of mount sinai itself, without bed or cover
on top of a vw bus in the middle of a field
op ons terrasje onder de blote hemel vorige zomer
outside in the grass and in the shadow during summer
outside next to a river
paraty-brazil
patagonia, under a blanket of stars
roof
see paper
sheepbarn
small fisherman\'s boat on Halong Bay in Vietnam

tent
the back of my car
train filled with cocroaches in cuba
under a theater curtain with my love-in a theater
under open starskyalot of special places
under stars
unter freiem himmel über längere zeit in portugal, and as a child on the stairs of a church dachte da kann mir nichts passsieren
urwald guatemala
Venetië
wadi rum dessert, jordan, by full moon
While having sex in a bus
wiese im tessin unter sternenhimmel

What is the longest time you ever stayed awake? (hours)		
Calculation	Result	
Average	39.4	
Minimum	0	
Maximum	96	

How many times did you spend a night without sleep?		
Calculation	Result	
Average	61.2	
Minimum	0	
Maximum	1854	

Do you think it is necessary to sleep in order to survive?		
Answer	Count	Percentage
No answer	0	0.00%
I'm not sure (?)	6	7.32%
No (N)	3	3.66%
yes (Y)	73	89.02%

Do you use special sleeping utensils (eg. toy bear or a hot water bottle)?		
Answer	Count	Percentage
No answer	1	1.22%
no (N)	52	63.41%
yes, namely: (Y)	29	35.37%

Do you take a shower before going to bed?		
Answer	Count	Percentage
No answer	0	0.00%
Yes (Y)	18	21.95%
No (N)	64	78.05%

What is your last action before getting into the bed?		
Answer	Count	Percentage
Answer	80	97.56%
No answer	2	2.44%

boekentas maken tanden poetsen
breathing
breathing slowly and turning around a bit
brush my teeth
brush my teeth
brush teeth
brush the teeth take a piss turn out lights lock the door take a glass of water with me to the bed check on my daughter and pull the blankets around her
brushing my tees
brushing my teeth
brushing teeth
brushing teeth
brushing teeth
Brushing the teath
checking if i have water
drinking water, putting lip balm on my lips and taking of my slippers
eingremen (hände und gesicht)
geen
getting undressed, usually socks last
glasses off
go to toilet
going through my day
hajick küssen, washing feet and face
ich schliesse ganz leise die tür damit das kind nicht aufwacht. manchmal schaue ich aus dem fenster nach den sternern, dem mond oder dem wetter
kiss my girlfriend

kissen püschelen
lights out
listen to music
listen to some music, read, brush my teeth,...
Listening to music
pipi, brushing teeth
planen
playing with and hugging my dogs
Put the alarm clock
Put the alarm clock
reading
Reading
reading
reading
reading , onanieren
reading a short text for meditation, letting the day pass by to make peace with it and a short version of yoga (3 min.)
reading or making the i ging
reading+switch of the light
reading, jumping
Reading, writing, making music, listening music, talking,...
sexuel actions
shutting down the computer(s)
slippers off
smoking a sigaret
smoking, cleaning teeth
switch of the light
switch on the alarm clock
Take off slippers
taking off my clothes, but my focus on something light and shiny-a short meditation
tanden poetsen
tanden poetsen
tanden poetsen en plassen
tee or wiin . zähne putzen gutenacht kuss an mein freund

thanking for the day
think / trinking water / or sex with my girlfriend
thinking
thinking
thinking
To put on the alarmclock
turn off the light
turn the light off
turning light of
turning of the light
Turning off the light outside the bedroom.
uitschakelen gsm (we leven in de 21ste eeuw hé) soms tandenpoetsen glas water drinken
undress
undress
undress
undressing
versuche mich bewusst zu entspannen
Very different. A lot of the times working, regulary reading. On great days dancing.
wash my face
washing my teeth
watching tv or reading
watering the plants
watering the plants

Do you meet certain fears in bed?		
Answer	Count	Percentage
No answer	1	1.22%
no (N)	47	57.32%
yes, I am afraid of: (Y)	34	41.46%

Do you read in bed?		
Answer	Count	Percentage
No answer	0	0.00%
no (N)	12	14.63%
yes, I read: (Y)	70	85.37%

Do you watch TV while in bed?

Answer	Count	Percentage
No answer	0	0.00%
no (N)	67	81.71%
yes, I like watching: (Y)	15	18.29%

Do you listen to music to fall asleep?		
Answer	Count	Percentage
No answer	1	1.22%
no (N)	60	73.17%
yes, I listen to: (Y)	21	25.61%

Do you take sleeping pills or other drugs to sleep?		
Answer	Count	Percentage
No answer	0	0.00%
no (N)	73	89.02%
yes, I take: (Y)	9	10.98%

How many days of the week do you set an alarmclock?		
Calculation	Result	
Average	4.1	
Minimum	0	
Maximum	7	

Around what time do you normally go to sleep?		
Answer	Count	Percentage
No answer	0	0.00%
a) 21:00 (A)	2	2.44%
b) 22:00 (B)	2	2.44%
c) 23:00 (C)	9	10.98%
d) 00:00 (D)	33	40.24%
e) 01:00 (E)	20	24.39%
f) 02:00 (F)	10	12.20%
no, I go to sleep at: (G)	6	7.32%

How long does it usually take before you fall asleep? (minutes)		
Calculation	Result	
Average	24.8	
Minimum	0	
Maximum	150	

What is your favorite sleeping position?		
Answer	Count	Percentage

Answer	72	87.80%
No answer	10	12.20%

auf der seite
belly
belly
belly
belly
buttom
emryostellung
flat on my belly or on my left side
foetal position
foetus
foetus
foetus
foetus to the left side
halb auf der seite -halb auf dem Bauch, ein bein ist angewinkelt zur offenen seite des bettes hin
Ik heb er geen
left side
left side,curld up a little
lying on the frontside, on my boyfriends trunk or "spoonshaped"
on my side in a stabile way
on my back
On my back - arms on my belly - left leg angled
on my back but sleep often on the side
on my back with my arms by my sides.
on my back, like a banana, right side konvex, arms soft on belly
on my belly
on my belly
on my belly
On my belly
on my belly
on my belly my knee pulled always to my chest (left or right) and my head facing the same way
on my belly, arms under the pillow, one leg pulled up sideways

On my belly, with my arms underneath
on my left side with my lovers arms around me
on my right side
On my right side
on my side
On my side
On my side
on my side, like a foetus
on side , curled up, underneath arm over shoulder on top
On the belly
On the belly
on the right side.
on the side
on the side
on the side
on the side (like fötus)
On the side foutus position. First on the right, after 2 minutes on the left
on the side left or right in embryoposition
on the stomach
op de buik met 1 been opgetrokken (als ik alleen slaap) in lepelhouding (met vriendin)
op de linkerzijde, kniën omhoog
op mijn buik
op mijn zij
Op mijn zij
P position
rechter zijde
right side
Rolled up in a ball on my belly
see drawing
side
side
side
side, legs in an angle, hands between the legs
side-embryoposition

sideposition legs long one is a little bit in a ankle

start the night at back up, ending it back down

very slowly moving around clockwise

with my hands under my pillow on my tummy

Do you prefer to sleep in pitch dark or do you need some light?		
Answer	Count	Percentage
No answer	0	0.00%
I prefer some light: (L)	17	20.73%
in the dark (D)	65	79.27%

Do you close and/or lock your bedroom door?		
Answer	Count	Percentage
No answer	1	1.22%
I close the door (C)	41	50.00%
I leave the door open (O)	35	42.68%
I lock my door with a key (L)	5	6.10%

Do you sleep with an open window?		
Answer	Count	Percentage
No answer	0	0.00%
no (N)	29	35.37%
yes (Y)	53	64.63%

Do you wake up at night? How many times?		
Answer	Count	Percentage
No answer	0	0.00%
never (N)	32	39.02%
once (1)	30	36.59%
several times: (M)	20	24.39%

Do you sometimes or did you ever sleepwalk?		
Answer	Count	Percentage
No answer	0	0.00%
no (N)	67	81.71%
yes... (Y)	15	18.29%

Do you snore? Which style?		
Answer	Count	Percentage
No answer	0	0.00%
no (N)	52	63.41%
yes, it sounds like: (Y)	30	36.59%

Do you perform other specialities while sleeping (e.g. talking).		
Answer	Count	Percentage
No answer	1	1.22%
no (N)	45	54.88%
yes, I do: (Y)	36	43.90%

Do your dreams mean a lot to you?		
Answer	Count	Percentage
No answer	0	0.00%
no (N)	28	34.15%
yes, they mean: (Y)	54	65.85%

When waking up, do you often try to go back into your dream?		
Answer	Count	Percentage
No answer	0	0.00%
Yes (Y)	52	63.41%
No (N)	30	36.59%

Do you easily get out of bed in the morning?		
Answer	Count	Percentage
No answer	0	0.00%
Yes (Y)	27	32.93%
No (N)	55	67.07%

How many times (average) do you press the „snooze button“?		
Calculation	Result	
Average	2.1	
Minimum	0	
Maximum	19	

Do you like being alone in the morning?		
Answer	Count	Percentage
No answer	0	0.00%
Yes (Y)	58	70.73%
No (N)	24	29.27%

Do you sometimes daydream?		
Answer	Count	Percentage
No answer	0	0.00%
no (N)	18	21.95%
yes, I daydream... (Y)	64	78.05%

Do you think about your dreams during the day?		
Answer	Count	Percentage
No answer	1	1.22%
Yes (Y)	57	69.51%
No (N)	24	29.27%

What is for you the meaning of dreaming?		
Answer	Count	Percentage
Answer	79	96.34%
No answer	3	3.66%

a dream is a dream
a memoire of an other life, another i, a existence, cosmique
a seconde reality has the same value like what we call the awake reality
a stimulation of our desire
a way to cope with life
being aware
connecting to the real life
dealing with issues
Decharging
defrag of the mind. organising and dealing with things the mind didn't have time/energy to do in the day
Different dreams: - verwerkingsdromen - onbewuste dromen - aankondigingen
dreaming of meaning
dreams are a space where our brains deal with the events of our lifes. They can be visionary on occasion, but mainly they deal with our fears and hopes.
dreams are the things I only see and no one else , if only some one could tell me what they mean
eine sprache die ungefiltert mir erscheint .. eine realität eben das nachtleben
eine tiefe des daseins in die man abtauche kann und faszinierende dinge passieren
eine verarbeitung des alltäglichen, des unbewussten und verrückten
enhancing memory
enter into a different world
erlebtes wird verarbeitet
escape from reality
expirience the things I don't do while im awake.
future or past
Geen

getting other possibilities
Handling with problems you have (in underconscience) Realising things/seeing the solution.. Enjoying..
het verleden verwerken, ook spanningen
hyperrealism
I don't often remember a dream so I can't really answer
i don't know, stimulation of imagination?...
i get to know about my concerns and deeper feelings
i like to tell me something
if only I knew ?
Ils sont l'expression de mes désirs et de mes préoccupations.
In the dreaming the unconscious becomes alive. We work on things, we digest what we experienced, we solve things when we dream.
inner processing, messages to yourself
inveiw in my inner process-a possibility to see things from a different point of view- dreams are a tool to deal with situation which could overwhelm us without dreaming over it-dream an other state of reality a rich source of energy
it is a hint about what occupies your awake mind, it is a great help in a creative process
It is my subconscious processing my conscious experiences and incorporating and resolving them.
it shows that something is occupying me more than I thought
It's a chance to live the life you don't have. SO you can balance it out with the one you do
it's an integral part of life. we free ourselves of our rigorous thinking schemes and utmostly create, apparently without control. I enjoy when I get into my own dream and humourously take "control" of my own dream. Like dreaming you are dreaming. I don't take dreams that seriously, and I don't analyse in search for symbols and freudian stuff.
Je krijgt door je hoofd waar je ver weg aan denkt
kontakt mit unterbewusstsein
kweet nie
message frome somewhere
message of the soul-
new informations, anregend to think about different things
none
oft eine last
possiblility of another organisation of facts experiences. Important issue
processing information through the subconscious
rational: getting rid and coping with psychothings
Recapulating what i did the day before. Creativity, it gives me crazy idea's. Emotional experiences, I can feel extremely hurt, happy, angry...

reflektion
reinforces memory, clean up of neurones
Reorganizing the brain and thinking
spiegelung des tages
subconscious desire
Subconscious memories and thoughts merging and creating strange stories...
symbolic
the falling out of reality because of unbalanced focus (duality) during waking. Repair of the cerebrum.
the forgetting of the past
the unconscious thats speaking emerging
they are an other mode of experiencing reality
They teach us about the nature of 'reality' - that we create our own illusions.
to remind us we dont understand everythings that happens in our mind
verarbeitung eines grossen teiles der realität
verarbeitung vom alltag und was mich beschäftigt
verarbeitung von ereignissen, erlebnissen, gefühle, verbindung zum unterbewussten
verwerken van emoties en informatie van overdag
Verwerking
Verwerking van ervaringen
very personal
working out of problems
working out the experience
youre brain is resting i think, or is it organising all the things in youre mind?, or you are evacuating stress?
zalig weg zijn

Around what time do you usually get up?		
Answer	Count	Percentage
No answer	0	0.00%
a) 05:00 (A)	0	0.00%
b) 06:00 (B)	4	4.88%
c) 07:00 (C)	18	21.95%
d) 08:00 (D)	24	29.27%
e) 09:00 (E)	23	28.05%
f) 10:00 (F)	5	6.10%
g) 11:00 (G)	3	3.66%
h) no at another time: (H)	5	6.10%

Do you sleep during the day?		
Answer	Count	Percentage
No answer	0	0.00%
no (N)	50	60.98%
yes... (Y)	32	39.02%

Do you take a shower in the morning?		
Answer	Count	Percentage
No answer	0	0.00%
Yes (Y)	70	85.37%
No (N)	12	14.63%

Can you make a description of your ideal sleeping space? You may also send in a drawing.		
Answer	Count	Percentage
Answer	74	90.24%
No answer	8	9.76%

a save place with a soft and warm wind breeze, outside, sky full of stars. inside a room with a corner, like a "höhle", with silk shawls and many cushions
(tekening van hersenen)
2 à 3 persoonsbed laag tegen de grond groot raam met eventueel terrasdeur hoog plafond
2 person hammock, sacy music and images ...
a bed were the sun shine on my face in the morning an I may see the blue sky an heare the ocean rushing...
a big bed with space to move around, next to a wall, fresh air, allmost silent,
A big, not all two soft two persons bed. A lot of cusions, warm enough. Everything cotton and other natural tissues. No alarmclock, birds in the morning. A lot of light through the curtains in the morning. The bed not placed around my desk. warm floor and surrounding for else I can't get out of bed.
a complete dark & quiet room
a fancy hotel in hawai
a firm mattress in a dark room with down blanket
a large bed with down covers
a large double bed in a large, airy room with not too much furniture.
a room not too big, the bed (with wood fram) in the middel.
a space with a lot of air and a good matras, clean sheets no carpets
a tent by a river
a very simple and big white walled room, with a big window. an enourmous double bed, with white sheets and a duvet.
A window with daylight A huge bed

big and large, on the floor, prefer tatami,-a lot of space around it only the head is close to the wall, big couvert and several pillows
big bed in a colourful room, with the sun comming through the curtains in the morning
big bed, in which i can sleep in an infinity of direction, in a room with a big window, possibility to put my bed outside in the summer, great view, in the trees or in the last level of a skyscraper, or on the border of the sea or a big lake. the room doesn\'t have to be necessary big.
big white airy bed in a big space with a lot of windows and sound of the ocean
Big, light space - window to the east to welcome the morning sun- in the middel a big bed (futon) - calm, simple, empty - with view into nature.
books, tv, sauna, bed with curtains
clouds see surveyfolder
cocoon
complete darkness and silence
cosy and warm colours - not too warm - thick and soft blankets, mdeium-size hard matrass - monotone noise like printing machine or car
Does not mattermuch, must not be too hot and big matrass
een bed een sterrenhemel en anders NIETS
Een groot bed met kussens
futon with tatami
has to be not to loud, fresh air (window!)
hemelbed met ikke en mijn schattie
i will send u a drawing by mail
in a sober white room, floor is wood, nice window opened, on a good quality bed that supports my back.
in the forest or at the sea
In the nature a side of water
In the woods, near a river, in open air and in good company. And for every day: a quiet environment, a window with a view on a garden, darkness, hot covers and little furniture and stuff around the room.
Kussens
large
light and still dark
no
not much
not to big of a room with a king sized bed in the middel, low sealing and a big window with a terras and most important always a nice, warm, soft skined person lying next to me in the big bed
on a hill in a sunny valley under the stars
on an island with only my boyfriend large kingsize bed,with the sound of a river

On the beach on an island that would be nice
one long side of the bed is next to a wall, big windows for light and air in the morning, outside nature you can hear, maybe a small river, so you hear the water when falling asleep
Open air, nature, mountains- Warm, not too warm- no light (little moonlight)- \"hanging bed\"- very silent
quiet large space with a high ceiling large 4 poster bed high off the ground so you can climb into it and use the frame for kinky sexual games. lots of pillows and down comforter.
Silent and dark, soft but firm and very even surface, lots of ventilation.
simpel-healthy comfortable bed with soft feadercouvert and bigggggggg pillow
soft comfortable safe place with natural fibres and wood all round, and good fresh air, maybe with a vague scent of clary sage oil
Vogelnest (??)
vom bett aus sehe ich an einen hügel ..sehe wald und himmel...
warm place,hard matress,
warm small and cold with warm blankets
wide white bed soft sheets space around high ceiling wooden floor nature outside
with my wife in a nice large bed, good pillow, clean sheets, no noises, open window, nice temperature, smelling nature through the window and dark as hell

Did these questions make you sleepy?		
Answer	Count	Percentage
No answer	1	1.22%
Yes (Y)	12	14.63%
No (N)	69	84.15%

What is your gender?		
Answer	Count	Percentage
No answer	0	0.00%
female (F)	44	53.66%
male (M)	38	46.34%

What is your age?		
Calculation	Result	
Average	31.09	
Minimum	10	
Maximum	65	