

INNER LIVES OF A SLEEPER

Survey Results

Intermediate results as of 29/4/2004

Survey started 9th of March 2004

There are 66 records in this survey. This query represents 100.00% of the total results

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In which direction is your bed oriented?

Answer	Count	Percentage
No answer	1	1.52%
north (N)	22	33.33%
east (E)	14	21.21%
south (S)	16	24.24%
west (W)	13	19.70%

Do you prefer sleeping alone or with another person?

Answer	Count	Percentage
No answer	0	0.00%
alone (a)	21	31.82%
together (b)	45	68.18%

Do you prefer to sleep naked. If not, what do you wear?

Answer	Count	Percentage
No answer	0	0.00%
naked (Y)	28	42.42%
not naked, I wear: (N)	38	57.58%

Did you ever see ghosts, spirits or angels in your bedroom?

Answer	Count	Percentage
No answer	0	0.00%
no (N)	41	62.12%
yes, I saw: (Y)	25	37.88%

What is the most special or exotic place you have ever slept.

on the top rock of mount sinai itself, without bed or cover
on a fish
in brazil on an island naked and sweaty with my lover
In a small house in a island in brasil under a mosquito net. Naked. Together. Very hot and quite.
At St.Crux, a beach in Africa.

corridor of a train
op ons terrasje onder de blote hemel vorige zomer
in a wooden tent in Africa
on the beach
at a lake in the mountains - to watch the stars before fall asleep - it was very cold
patagonia, under a blanket of stars
While having sex in a bus
cala san pedro in einer stillen bucht bei vollmond und meeresrauschen
on a boat
my balkony (25th floor)
in a 1m20 high hole under a noisy discotheque
under stars
on the roof of a church
sheepbarn
in my VW polo
outside next to a river
roof
by canadian lakes
On the beach at a lake in Lithouwen
in einer steinigen grotte über tosendem meer
my bed was placed at the window site, behind the cristall it went down 1000 feet - imagine it would have broken!
on a mountain in the southern Alps. the stars were like a vaulted roof overhead
beach
in a valley above 2000 m in the Gobi desert
in sicilia on the balcony
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.
in the wouds.: -)
a dry part of a riverbed, on the stones, next to the campfire
on the floor of a driving camionet with a girl next to me and four peopel above me
Hammock on anisland in Kroatia. In southafrican jungle on a steakout.
kerkhof
under a theater curtain with my love-in a theater
In the open air
On the beach
see paper
On the beach in Portugal
On a mountain top
Dans une gaze du forest
tent
In the woods
In de kar
Venetië
Eglise St.Germain Paris

in the grand canyon, USA, under the stars
hooiberg douche open hemel in meloenenveld
natuurreservaat spanje
in the loggagge net on the fairy to sardinien when i was a kid
bij mijn vriend
in the desert
hoggar-sahara-hotel "mille etoile"
in car near trainstation ghetto
beach, bänke treppen
unter freiem himmel über längere zeit in portugal, and as a child on the stairs of a church dachte da kann mir nichts passsieren
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
a möbelschaufenster
jungle umgeben von glühwürmer 12 wochen auf autositzen
under open starskyalot of special places
wiese im tessin unter sternenhimmel
urwald guatemala
in the desert
auf einer alp mit einem schlafsack zu zweit-aufgewachen mit klebriger rossschnecke neben dem gesicht und alpöhi der uns zum morgenessen eingeladen hat

What is the longest time you ever stayed awake.		
Calculation	Result	
Standard Deviation	15.682319596571	
Average	39.415384615385	
Minimum	0	
Maximum	96	

How many times did you spend a night without sleep?		
Calculation	Result	
Standard Deviation	12580804574.999	
Average	1904761966.873	
Minimum	0	
Maximum	100000000000	

Do you think it is necessary to sleep in order to survive?		
Answer	Count	Percentage
No answer	0	0.00%
I'm not sure (?)	5	7.58%
No (N)	2	3.03%
yes (Y)	59	89.39%

Do you take a shower before going to bed?		
Answer	Count	Percentage
No answer	0	0.00%
Yes (Y)	17	25.76%
No (N)	49	74.24%

What is your last action before getting into the bed?
shutting down the computer(s)
watering the plants
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 teeth
watering the plants
glasses off
tanden poetsen
watching tv or reading
playing with and hugging my dogs
brushing my tees
washing my teeth
To put on the alarmclock
versuche mich bewusst zu entspannen
undress
turning of the light
brushing my teeth
reading
think / trinking water / or sex with my girlfriend
switch of the light
reading , onanieren
brushing teeth
planen
go to toilet
thanking for the day
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
reading a short text for meditation, letting the day pass by to make peace with it and a short version of yoga (3 min.)
slippers off
brush my teeth
brush teeth
thinking
undress
thinking
undressing

listen to some music, read, brush my teeth,...
Very different. A lot of the times working, regular reading. On great days dancing.
reading
undress
Brushing the teeth
Listening to music
pipi, brushing teeth
Reading
Put the alarm clock
tanden poetsen en plassen
reading, jumping
geen
Put the alarm clock
checking if i have water
uitschakelen gsm (we leven in de 21ste eeuw hé) soms tandenpoetsen glas water drinken
tanden poetsen
breathing slowly and turning around a bit
boekentas maken tanden poetsen
reading or making the i ging
thinking
reading+switch of the light
wash my face
kissen püschen
taking off my clothes, but my focus on something light and shiny-a short meditation
listen to music
tee or wiin . zähne putzen gutenacht kuss an mein freund
hajick küssen, washing feet and face
eingremen (hände und gesicht)
going through my day
sexuel actions
reading

Do you meet certain fears in bed?		
Answer	Count	Percentage
No answer	1	1.52%
no (N)	35	53.03%
yes, I am afraid of: (Y)	30	45.45%

Do you read in bed?		
Answer	Count	Percentage
No answer	0	0.00%
no (N)	11	16.67%
yes, I read: (Y)	55	83.33%

Do you watch TV while in bed?		
Answer	Count	Percentage
No answer	0	0.00%
no (N)	57	86.36%
yes, I like watching: (Y)	9	13.64%

Do you listen to music to fall asleep?		
Answer	Count	Percentage
No answer	1	1.52%
no (N)	50	75.76%
yes, I listen to: (Y)	15	22.73%

Do you take sleeping pills or other drugs to sleep?		
Answer	Count	Percentage
No answer	0	0.00%
no! (N)	60	90.91%
yes, I take: (Y)	6	9.09%

How many days of the week do you set an alarmclock?		
Calculation	Result	
Standard Deviation	2.1203996497255	
Average	3.8923076923077	
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	3.03%
b) 22:00 (B)	1	1.52%
c) 23:00 (C)	7	10.61%
d) 00:00 (D)	26	39.39%
e) 01:00 (E)	16	24.24%
f) 02:00 (F)	10	15.15%
no, I go to sleep at: (G)	4	6.06%

How long does it usually take before you fall asleep?		
Calculation	Result	
Standard Deviation	31.358868954562	
Average	25.890625	

Minimum	0
Maximum	150

What is your favorite sleeping position?
on my back but sleep often on the side
belly
on my left side with my lovers arms around me
On the belly
on my belly
belly
op de linkerzijde, kniën omhoog
flat on my belly or on my left side
on my side
on the side
on my side, like a foetus
on the side
halb auf der seite -halb auf dem Bauch, ein bein ist angewinkelt zur offenen seite des bettes hin
on my belly
start the night at back up, ending it back down
foetus
On my back - arms on my belly - left leg angled
-
on my back, like a banana, right side konvex, arms soft on belly
on my side in a stabile way
on my belly my knee pulled always to my chest (left or right) and my head facing the same way
belly
left side
on my belly
auf der seite
lying on the frontside, on my boyfriends trunk or "spoonshaped"
on side , curled up, underneath arm over shoulder on top
on the right side.
on the side
on my right side
?
with my hands under my pillow on my tummy
left side,curled up a little
on my belly
On the side foetus position. First on the right, after 2 minutes on the left
op mijn zij
On my side
Rolled up in a ball on my belly

foetus to the left side
On my belly
On my belly, with my arms underneath
On the belly
Ik heb er geen
On my right side
Op mijn zij
foetus
?
op de buik met 1 been opgetrokken (als ik alleen slaap) in lepelhouding (met vriendin)
rechter zijde
op mijn buik
side, legs in an angle, hands between the legs
side-embryoposition
see drawing
on the side left or right in embryoposition
emryostellung
sideposition legs long one is a little bit in a ankel

Do you use special sleeping utensils (eg. toy bear or a hot water bottle)?		
Answer	Count	Percentage
No answer	1	1.52%
no (N)	41	62.12%
yes, namely: (Y)	24	36.36%

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)	15	22.73%
in the dark (D)	51	77.27%

Do you close and/or lock your bedroom door?		
Answer	Count	Percentage
No answer	1	1.52%
I close the door (C)	32	48.48%
I leave the door open (O)	29	43.94%
I lock my door with a key (L)	4	6.06%

Do you sleep with an open window?		
Answer	Count	Percentage
No answer	0	0.00%
no (N)	22	33.33%

yes (Y)	44	66.67%
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Do you wake up at night? How many times?		
Answer	Count	Percentage
No answer	0	0.00%
never (N)	26	39.39%
once (1)	23	34.85%
several times: (M)	17	25.76%

Do you sometimes or did you ever sleepwalk?		
Answer	Count	Percentage
No answer	0	0.00%
no (N)	55	83.33%
yes... (Y)	11	16.67%

Do you snore? Which style?		
Answer	Count	Percentage
No answer	0	0.00%
no (N)	43	65.15%
yes, it sounds like: (Y)	23	34.85%

Do you perform other specialities while sleeping (e.g. talking).		
Answer	Count	Percentage
No answer	1	1.52%
no (N)	36	54.55%
yes, I do: (Y)	29	43.94%

Do your dreams mean a lot to you?		
Answer	Count	Percentage
No answer	0	0.00%
no (N)	22	33.33%
yes, they mean: (Y)	44	66.67%

When waking up, do you often try to go back into your dream?		
Answer	Count	Percentage
No answer	0	0.00%
Yes (Y)	44	66.67%
No (N)	22	33.33%

Do you easily get out of bed in the morning?		
Answer	Count	Percentage

No answer	0	0.00%
Yes (Y)	22	33.33%
No (N)	44	66.67%

How many times (average) do you press the „snooze button“?		
Calculation	Result	
Standard Deviation	148.94618860713	
Average	20.646153846154	
Minimum	0	
Maximum	1212	

Do you like being alone in the morning?		
Answer	Count	Percentage
No answer	0	0.00%
Yes (Y)	49	74.24%
No (N)	17	25.76%

Do you sometimes daydream?		
Answer	Count	Percentage
No answer	0	0.00%
no (N)	12	18.18%
yes, I daydream... (Y)	54	81.82%

Do you think about your dreams during the day?		
Answer	Count	Percentage
No answer	1	1.52%
Yes (Y)	45	68.18%
No (N)	20	30.30%

What is for you the meaning of dreaming?	
They teach us about the nature of 'reality' - that we create our own illusions.	
none	
It's a chance to live the life you don't have. SO you can balance it out with the one you do	
possiblility of another organisation of facts experiences. Important issue	
the forgetting of the past	
reinforces memory, clean up of neurones	
zalig weg zijn	
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.	
In the dreaming the uncoscious becomes alive. We work on things, we digest what we experienced, we solve things when we dream.	
enter into a different world	

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.

Reorganizing the brain and thinking

kontakt mit unterbewusstsein

a way to cope with life

reflektion

rational: getting rid and coping with psychothings

working out the experience

a seconde reality has the same value like what we call the awake reality

symbolic

working out of problems

it is a hint about what occupies your awake mind, it is a great help in a creative process

dreaming of meaning

to remind us we dont understand everythings that happens in our mind

inner processing, messages to yourself

eine sprache die ungefiltert mir erscheint .. eine realität eben das nachtleben

i get to know abot my concerns and deeper feelings

defrag of the mind. organising and dealing with things the mind didn't have time/energy to do in the day

expiience the things I don't do while im awake.

enhancing memory

dreams are the things I only see and no one else , if only some one could tell me what they mean

being aware

a dream is a dream

they are an other mode of experiencing reality

I don't often remember a dream so I can't realy answer

Recapulating what i did the day before. Creativity, it gives me crazy idea's. Emotional experiences, I can feel extremely hurt, happy, angry...

verwerken van emoties en informatie van overdag

the unconscious thats speaking emerging

Different dreams: - verwerkingsdromen - onbewuste dromen - aankondigingen

future or past

a memoire of an other life, another i, a existence, cosmique

Decharging

Ils sont l'expression de mes désirs et de mes préoccupations.

Geen

Je krijgt door je hoofd waar je ver weg aan denkt

Verwerking

Verwerking van ervaringen

getting other possibilities

het verleden verwerken, ook spanningen

eine verarbeitung des alltäglichen, des unbewussten und verrückten

kweet nie
eine tiefe des daseins in die man abtauche kann und faszinierende dinge passieren
verarbeitung von ereignissen, erleben, gefühle, verbindung zum unterbewussten
verarbeitung eines grossen teiles der realität
oft eine last
new informations, anregend to think about diffrent things
inveiw in my inner process-a posibility to see things from a diffrent 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
message frome somewhere
message of the soul-
erlebtes wird verarbeitet
verarbeitung vom alltag und was mich beschäftigt
i like to tell me something
a stimulation of our desire
spiegelung des tages

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	6.06%
c) 07:00 (C)	15	22.73%
d) 08:00 (D)	17	25.76%
e) 09:00 (E)	20	30.30%
f) 10:00 (F)	4	6.06%
g) 11:00 (G)	3	4.55%
h) no at another time: (H)	3	4.55%

Do you sleep during the day?		
Answer	Count	Percentage
No answer	0	0.00%
no (N)	37	56.06%
yes... (Y)	29	43.94%

Do you take a shower in the morning?		
Answer	Count	Percentage
No answer	0	0.00%
Yes (Y)	56	84.85%
No (N)	10	15.15%

Can you make a description of your ideal sleeping space? You may also send in a drawing.

on a hill in a sunny valley under the stars
a tent by a river
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.
wide white bed soft sheets space around high ceiling wooden floor nature outside
a fancy hotel in hawaii
Does not matter much, must not be too hot and big mattress
een bed een sterrenhemel en anders NIETS
a large double bed in a large, airy room with not too much furniture.
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.
i will send u a drawing by mail
a very simple and big white walled room, with a big window. an enourmous double bed, with white sheets and a duvet.
In the nature a side of water
yes siehe survey ordner
a space with a lot of air and a good matras, clean sheets no carpets
has to be not too loud, fresh air (window!)
cosy and warm colours - not too warm - thick and soft blankets, mdeium-size hard mattress - monotone noise like printing machine or car
simpel-healthy comfortable bed with soft feadercouvert and bigggggggg pillow
see dramwing in survey folder
-
see surveyfolder
see survey folder
clouds see surveyfolder
see survey folder
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.
vom bett aus sehe ich an einen hügel ..sehe wald und himmel...
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
soft comfortable safe place with natural fibres and wood all round, and good fresh air, maybe with a vague scent of clary sage oil
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 large bed with down covers
On the beach on an island that would be nice
warm place,hard matress,
on an island with only my boyfriend large kingsize bed,with the sound of a river
a big bed with space to move around, next to a wall, fresh air, allmost silent,
not too 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

A big, not all two soft two persons bed. A lot of cushions, 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.

in the forest or at the sea

see paper

no

see paper

Vogelnest (??)

A window with daylight A huge bed

Een groot bed met kussens

books, tv, sauna, bed with curtains

Kussens

(tekening van hersenen)

see paper

2 à 3 persoonsbed laag tegen de grond groot raam met eventueel terrasdeur hoog plafond

see paper

hemelbed met ikke en mijn schattie

see paper

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 white airy bed in a big space with a lot of windows and sound of the ocean

futon with tatami

see paper

see paper

see paper

see paper

cocoon

Did these questions make you sleepy?

Answer	Count	Percentage
No answer	1	1.52%
Yes (Y)	9	13.64%
No (N)	56	84.85%

What is your gender?

Answer	Count	Percentage
No answer	0	0.00%
female (F)	38	57.58%
male (M)	28	42.42%

What is your age?

Calculation	Result
Standard Deviation	10.046128685273

Average	31.212121212121
Minimum	10
Maximum	65

Would you like to participate in a sleeping experiment?		
Answer	Count	Percentage
No answer	10	15.15%
Yes (Y)	44	66.67%
No (N)	12	18.18%