

YouGov Survey

Research for The Indoor Generation Report was carried out by YouGov on behalf of The VELUX Group in March and April 2018 surveying around 16,000 homeowners across Northern European and Northern America (Great Britain, USA, Canada, Denmark, Germany, France, Belgium, Netherlands, Czech Republic, Slovakia, Italy, Austria, Switzerland and Spain) about how much time they spend indoors and how daylight influences their mood, sleep and productivity.

Data is weighted on the dimensions of gender, age and region to ensure representative results.

Raw data can be send per request, for more please kindly contact

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Below highlights the respondent's perception of time spent indoors and how daylight influences their sleep and productivity.

How much time do you think you spend indoors during an average 24-hour day?

	0-14 HOURS	15-18 HOURS	19-20 HOURS	21-24 HOURS
	%	%	%	%
DENMARK	25	29	29	17
GREAT BRITAIN	25	28	25	23
USA	34	21	20	25
GERMANY	38	25	23	15
FRANCE	47	25	18	9
BELGIUM	45	24	18	13
NETHERLANDS	51	24	16	9
CZECH REPUBLIC	57	26	12	5
SLOVAKIA	35	30	25	10
ITALY	57	27	11	5
AUSTRIA	32	30	25	13
SWITZERLAND	41	26	23	11
SPAIN	45	27	19	9
CANADA	31	21	22	26
TOTAL RESPONDENTS	38	24	20	18

How does daylight influence your sleep?

	Not at all	A little	Somewhat	A lot	Don't know
	%	%	%	%	%
DENMARK	19	29	25	20	7
GREAT BRITAIN	21	33	23	19	5
USA	22	18	26	29	5
GERMANY	12	27	30	27	5
FRANCE	15	29	28	23	6

BELGIUM	19	26	26	26	4
NETHERLANDS	22	26	25	25	3
CZECH REPUBLIC	14	28	27	30	2
SLOVAKIA	9	27	26	35	3
ITALY	14	23	28	34	1
AUSTRIA	12	28	27	30	2
SWITZERLAND	15	29	26	26	3
SPAIN	17	28	28	26	2
CANADA	18	24	26	30	3
TOTAL RESPONDENTS	17	27	26	26	4

How does daylight influence your productivity?

	Not at all	A little	Somewhat	A lot	Don't know
	%	%	%	%	%
DENMARK	10	21	34	30	5
GREAT BRITAIN	19	26	29	20	6
USA	21	14	26	34	5
GERMANY	8	21	38	29	5
FRANCE	12	23	32	25	7
BELGIUM	16	18	31	31	4
NETHERLANDS	21	17	28	31	3
CZECH REPUBLIC	12	19	33	35	1
SLOVAKIA	8	15	33	42	3
ITALY	12	14	31	41	2
AUSTRIA	8	21	37	31	2
SWITZERLAND	10	20	38	29	3
SPAIN	10	17	35	35	3
CANADA	16	17	28	37	3
TOTAL RESPONDENTS	14	19	32	31	4