



people's panel
making your voice count



People's Panel March 2021 VOX POP Analysis Report

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Contents

		Page
1	Introduction and Methodology	3
2	Demographics and Weighting	4
3	Executive Summary	5
4	Sleep	8
5	Dreams	12
6	Worry	15
7	And Finally ...	17

Introduction and Methodology

Introduction

This survey was conducted throughout March 2021.

Questions were designed to explore the social attitudes, opinions and behaviours of local people.

The People's Panel includes residents of both Hull and the East Riding who often work, shop and use the entertainment facilities in Hull, as well as access some services such as healthcare.

Methodology

This survey was open to People's Panel members, and non-members, aged 16+ across Hull and East Riding, during March 2021.

An electronic version of the survey was emailed to over 2,600 online People's Panel members. A non-member version of the survey was also made available through the Hull City Council website, partnership websites and promoted through social media.

Response Rate

Method	Count	%
Online – Member	1028	90%
Online – Non Member	112	10%
Total	1140	

Local Authority Residence	Count	%
Hull	938	82%
East Riding	172	15%
Not Hull or East Riding	10	1%
No Postcode Provided	20	2%
Total	1140	

938 responses came from residents with a Hull postcode.

There are an estimated 207,539 residents of Hull aged 16 +.

This means that any figures reported for Hull have a confidence interval of 3.19% at a 99% confidence level (e.g. we are 99% certain that the actual result falls within +/-3.19 percentage points of the reported figure). This is within both corporate and industry standards.

Demographics and Weighting

The demographics of respondents from Hull are given below. Survey responses from Hull are weighted to be demographically representative of the whole Hull population.

Responses are weighted based on age, gender, ethnicity and LLTI (impairment or illness).

Total weights are capped at 4.0 to avoid individual's responses carrying too much weight in the analysis.

Total		Sample (938)		Hull Pop	Weighted Sample
Gender	Male	447	47.7%	50.5%	48.9%
	Female	490	52.2%	49.5%	50.6%
LLTI (impairment or illness)	Yes	348	37.3%	23.3%	25.7%
	No	584	62.7%	76.7%	74.3%
Age group	16-34	63	6.8%	36.1%	28.8%
	35-44	73	7.9%	15.1%	17.0%
	45-54	163	17.6%	15.5%	17.2%
	55-64	246	26.6%	14.3%	16.2%
	65-74	287	31.0%	10.8%	12.1%
	75+	94	10.2%	8.2%	8.7%
Ethnic group	White British	892	96.2%	90.2%	91.2%
	BAME (Black, Asian and Minority Ethnicities)	35	3.8%	9.8%	8.8%

Responses are not weighted geographically and ward level results are not produced because small sample sizes mean the extent of confidence intervals is too large to be meaningful.

Average Score Analysis:

A number of the questions in this panel survey asked respondents to state how much they disagree / agree with a statement or how dissatisfied / satisfied they are with certain things.

This report includes, as standard, the proportion of respondents who disagree / agree or who are dissatisfied / satisfied. However, it also provides an "Average Score" measure for each aspect of these questions.

This is done by assigning a numerical value to each response category (see below) and then calculating an average value across all respondents.

Strongly Disagree	Very Dissatisfied	-2
Disagree	Dissatisfied	-1
Neither	Neither	0
Agree	Satisfied	+1
Strongly Agree	Very Satisfied	+2

Negative Average Scores suggest that respondents are more likely to disagree / be dissatisfied; with values closer to -2 suggesting they disagree more strongly / are more dissatisfied.

Conversely, positive Average Scores suggest that respondents are more likely to agree / be satisfied; with values closer to +2 suggesting they agree more strongly / are more satisfied.

Executive Summary

Sleep

Respondents tell us they are getting less sleep than they need (to feel refreshed).

57% of respondents said they typically got 7 hours or more of sleep. However, 91% of respondents say they need 7 hours or more of sleep to feel refreshed.

Only 26% of respondents said they typically got 8 hours or more of sleep. However, 61% of respondents say they need 8 hours or more of sleep to feel refreshed.

When respondents go to bed, nearly a quarter of respondents (23%) typically fall asleep straight away whilst a further 64% of respondents typically take up to an hour to get to sleep.

Nearly a half of respondents (47%) use a screen every night within an hour of going to bed. A further quarter of respondents (25%) use a screen most nights within an hour of going to bed.

37% of respondents had difficulty sleeping once or twice during the last week (either struggling to get to sleep or waking up in the night). A further 42% of respondents had difficulty sleeping every night or almost every night during the last week.

Temperature is the thing most likely to keep respondents awake (42%). Other things that regularly keep respondents awake or wake them up include work / education (27%), a partner making noise (e.g. snoring, coughing) (26%), noise from outside (23%), pain (22%) and worrying about the state of the world (21%).

Most respondents (87%) say that Brexit has had no effect on their sleep. Over a third of respondents (37%) say that they find it more difficult to sleep as a result of the COVID-19 pandemic.

When struggling to sleep 30% of respondents have no special tricks to help them to get them to sleep. The most popular tricks respondent use to get themselves to sleep are reading a book (35%), breathing exercises (20%), listening to something e.g. radio, white noise etc. (18%) and meditation or prayer (11%).

When it comes to waking up, half of respondents (50%) fall into one of two categories:

- Those who don't set an alarm and wake up naturally (26%)
- Those who hit snooze one or twice most mornings (24%)

A further 31% of respondents either:

- Often wake up before their alarm (17%)
- Wake up with an alarm and get up straight away (14%)

Responses to this question are likely to vary significantly based on the demographic characteristics of the respondent; particularly their age and associated work / education status. An analysis by demographic is included in the detailed analysis report.

Dreams

The majority of respondents (84%) say that they sometimes remember their dreams. Only 9% of respondents say that they never remember their dreams or don't think that they dream.

Respondents are most likely to describe their dreams as weird (52%) and vivid (45%). They are least likely to describe their dreams as embarrassing (7%) and clichéd / predictable (3%)

Over three quarters of respondents (79%) discuss their dreams with friends or family if they are odd or interesting (73%) or all the time (6%). 89% of respondents either love hearing about other people's dreams (12%) or think that other people's dreams can sometimes be interesting (77%).

In terms of unusual night time / sleep behaviours, the majority of respondents (70%) do none of the things listed in the survey during their sleep. Respondents are most likely to sleep talk (17%) or to experience night terrors (10%).

Nearly two thirds of respondents (62%) believe that dreams are a way of processing things that have happened to them, or that are going on in their life. Over half of respondent's state they dream in full colour (57%) and half (50%) say that they have had a recurring dream or dreams.

Just under a quarter of respondents (23%) believe they have been visited in their dreams by people who have died. 22% believe they have had dreams where they feel they have connected with / contacted someone else and 17% believe they have had dreams that have predicted the future. Only 6% of respondents felt that they sometimes experience the dreams of other people.

Worry

Just under three quarters of respondents (71%) either worry a bit (40%) or a lot (31%). Only 17% of respondents either hardly ever worry (6%) or don't worry much (11%).

The same question was asked in a VOX POP survey in November 2018. Since this date there has been a notable increase in the proportion of respondents who worry a lot from 23% to 31%.

Respondents are most likely to worry about the health of family or friends (47%), personal health (45%) and money / finances (41%). A notable proportion of respondents also worry about COVID-19 (32%), having enough time to do everything they need to (32%) and their job or business (31%).

Respondents are most likely to feel that watching television (48%), surfing the Internet (36%) and announcements from Government departments (34%) contribute to their level of worry.

The same question was asked in a VOX POP survey in November 2018. Since this date there has been a notable increase in the level of worry caused by surfing the internet (+9pp) and from 'Other' sources not listed (+8pp). This includes an increase in the number of respondents stating 'general anxiety' contributes to their level of worry.

And Finally

Over three quarters (79%) of respondents would rather get out of lockdown by the end of 2021, making another lockdown much less likely in the future, compared to just 13% who would rather get out of lockdown in the next month, even if it might mean another lockdown in the future.

70% of respondents would rather have only mixed sex schools, compared to just 6% who would rather have single sex schools/

61% of respondents would rather live without the internet, compared to 25% who would rather live without heating.

49% of respondents would rather win a million pounds, compared to 33% who would rather earn a million pounds.

42% of respondents would rather be completely safe, compared to 31% who would rather be completely free.

Respondents were most split when it came to the statement about a colleague. Whilst 39% would rather work with someone who is good at their job but they don't like, 27% would rather work with someone who is poor at their job but who they really like, and 34% were unable to decide.

39% of respondents think that an attempted insurrection, like the storming of the Capitol building in Washington DC, could definitely not (7%) or probably not (32%) happen in the UK. Conversely, 55% of respondents think that an attempted insurrection could definitely (17%) or probably (38%) happen in the UK.

Sleep

Q. How often would you say that you use a screen (smart phone / laptop etc.) within an hour of going to bed?

Never	14%
A couple of nights a week	15%
Most nights	25%
Every night	47%

- Nearly a half of respondents (47%) use a screen every night within an hour of going to bed.
- A further quarter of respondents (25%) use a screen most nights within an hour of going to bed.
- Only 14% of respondents never use a screen within an hour of going to bed.

Q. Thinking about the last week, on average:

- 1) How many hours sleep did you get, and
- 2) How many hours of sleep do you feel you need (to feel refreshed)?

If you work a night shift, please think about your normal sleep routine.

	Hours of Sleep Got	Hours of Sleep Needed
1	<1%	<1%
2	0%	0%
3	1%	0%
4	3%	0%
5	11%	1%
6	28%	9%
7	31%	30%
8	18%	46%
9	5%	10%
10 +	3%	5%
AVERAGE	6.76	7.66

- 57% of respondents said they typically got 7 hours or more of sleep.
- However, 91% of respondents say they need 7 hours or more of sleep to feel refreshed.
- 26% of respondents said they typically got 8 hours or more of sleep.
- However, 61% of respondents say they need 8 hours or more of sleep to feel refreshed.

Q. In the last week, how often have you had difficulties sleeping (either struggling to get to sleep or waking up in the night)?

Never / rarely	21%
Once or twice	37%
Almost every night	28%
Every night	14%

- Around a fifth of respondents (21%) had no real difficulties sleeping during the last week.
- 37% of respondents had difficulty sleeping once or twice during the last week.
- However, 42% of respondents had difficulty sleeping every night or almost every night during the last week.

Q. About how long, typically, does it take you to get to sleep?

I fall asleep straight away	23%
Up to half an hour	41%
Half an hour to an hour	23%
1 – 2 hours	11%
3 hours or more	3%

- Nearly a quarter of respondents (23%) typically fall asleep straight away.
- A further 64% of respondents typically take up to an hour to get to sleep.
- 14% of respondents typically take over an hour to get to sleep.

Q. What tricks do you have up your sleeve to help you get to sleep?

Reading a book	35%
Nothing	30%
Breathing exercises	20%
Listen to something e.g. radio, white noise etc. (please state)	18%
Other (please state)	12%
Meditation or prayer	11%
Herbal remedies	8%
Alcohol	7%
Exercise	6%
Count sheep	4%
Prescribed sleeping tablets	3%
Specialist app (please state)	2%
Illicit drugs	1%

- 30% of respondents have no special tricks to help to get them to sleep.
- The most popular tricks respondent use to get themselves to sleep are:
 - Reading a book (35%)
 - Breathing exercises (20%)
 - Listen to something e.g. radio, white noise etc. (18%)
 - Other (12%)
 - Meditation or prayer (11%)
- Popular 'Other' answers include counting, lavender sprays and oils, mental / memory games, recalling happy memories, and creating stories.

Q. Would you say your sleep has been affected by Brexit and / or the pandemic? Has it been more difficult, about the same, or easier to sleep because of these?

	Brexit	COVID-19
Easier	4%	3%
About the same	87%	60%
More difficult	9%	37%

- Most respondents (87%) say that Brexit has had no effect on their sleep.
- Whilst the majority of respondents (60%) say that the COVID-19 pandemic has had no effect on their sleep; over a third of respondents (37%) say that they find it more difficult to sleep as a result of the pandemic.

Q. Do any of the following regularly keep you awake? Please tick up to 5 of the following that are **most** likely to keep you awake or wake you up.

Temperature (too hot, too cold)	42%
Work / education	27%
Partner making noise (e.g. snoring, coughing)	26%
Noise from outside	23%
Pain	22%
Worrying about the state of the world	21%
Worrying about money	19%
Dreams / nightmares	18%
My health	17%
Family members	16%
Light	12%
Trauma / traumatic event	11%
Children	11%
Pet	10%
Partner having too much bed space / stealing the covers	8%
Other (please state)	8%
Neighbours	8%
Phone / screen device	7%
Fear	7%
Nothing disturbs my sleep	6%
Grinding teeth	4%
Friends	2%

- Only 6% of respondents say that nothing regularly disturbs their sleep.
- Temperature is the thing most likely to keep respondents awake (42%).
- This is followed by:
 - Work / education (27%)
 - Partner making noise (e.g. snoring, coughing) (26%)
 - Noise from outside (23%)
 - Pain (22%)
 - Worrying about the state of the world (21%)
- A notable number of respondents are also kept awake by:
 - Worrying about money (19%)
 - Dreams / nightmares (18%)
 - My health (17%)
 - Family members (16%)

Q. In the last year have you been so tired that you have fallen asleep in any of the following situations?

At work / school / college	8%
Whilst driving	1%
While eating	2%
On public transport	3%
Out in public	2%
At someone else's house	9%
None of these	78%
Other	5%

- Over three quarters of respondents (78%) have never fallen asleep in any of these situations.
- Respondents are most likely to have fallen asleep either at someone else's house (9%) or at work / school / college (8%)

Q. Which of the following best describes how you usually wake up?

I wake up with an alarm and get up straight away	14%
I hit snooze once or twice most mornings	24%
I often sleep through my alarm	2%
I often get up later than I meant to	6%
I often wake up before my alarm	17%
I don't set an alarm, I wake up naturally	26%
I get woken up by someone or something other than an alarm	10%
Other	2%

- Half of respondents (50%) fall into one of two categories:
 - Those who don't set an alarm and wake up naturally (26%)
 - Those who hit snooze one or twice most mornings (24%)
- A further 31% of respondents either:
 - Often wake up before their alarm (17%)
 - Wake up with an alarm and get up straight away (14%)
- Responses to this question are likely to vary significantly based on the demographic characteristics of the respondent; particularly their age. An analysis by demographic is included in the detailed analysis report.

Dreams

Q. Do you remember your dreams?

Never / I don't think I dream	9%
Sometimes	84%
Always	7%

- The majority of respondents (84%) say that they sometimes remember their dreams.
- Only 9% of respondents say that they never remember their dreams or don't think that they dream.

Q. Do you regularly do any of the following?

None of these	70%
Sleep talk	17%
Have night terrors	10%
Experience sleep paralysis	6%
Done something else while you were asleep	5%
Act out your dreams	3%
Sleep walk	2%
Sleep eat	1%
Send texts / emails / social media messages in your sleep	0%

- The majority of respondents (70%) do none of the things listed in their sleep.
- Respondents are most likely to sleep talk (17%) or to experience night terrors (10%).

Q. Do you ever discuss your dreams with friends or family?

Never	21%
If they are odd or interesting	73%
All the time	6%

- Over three quarters of respondents (79%) discuss their dreams with friends or family if they are odd or interesting (73%) or all the time (6%).
- Around a fifth of respondents (21%) say that they never discuss their dreams with friends or family.

Q. How do you feel about people sharing their dreams with you?

I wish they wouldn't	11%
Sometimes other people's dreams can be interesting	77%
I love it	12%

- 89% of respondents either love hearing about other people's dreams (12%) or think that other people's dreams can sometimes be interesting (77%).
- Only 11% of respondents wish that other people would not share their dreams with them.

Q. How much do you agree with the following about dreams?

	Strongly Disagree -2	Disagree -1	Neither 0	Agree +1	Strongly Agree +2	Average Score -2 to +2
Dreams are a way of processing things that have happened to you, or that are going on in your life	7%	4%	27%	32%	30%	0.73
I dream in full colour	10%	7%	26%	21%	36%	0.66
I have had a recurring dream or dreams	20%	14%	16%	27%	23%	0.19
I think it is possible to interpret dreams	12%	18%	36%	25%	9%	0.01
I often dream about people and places from childhood	19%	19%	29%	21%	12%	-0.12
My dreams seem to be weirder than other peoples	24%	20%	32%	13%	11%	-0.33
People who have died have visited me in my dreams	49%	11%	16%	12%	11%	-0.76
I have had dreams where I feel I have connected with / contacted someone else	48%	15%	16%	14%	8%	-0.81
I have had dreams that predicted the future	45%	23%	15%	9%	8%	-0.89
I feel that I sometimes experience the dreams of other people	71%	16%	7%	3%	3%	-1.50

- Nearly two thirds of respondents (62%) believe that dreams are a way of processing things that have happened to them, or that are going on in their life.
- Over half of respondent's state they dream in full colour (57%) and half (50%) say that they have had a recurring dream or dreams.
- Just under a quarter of respondents (23%) believe they have been visited in their dreams by people who have died.
- 22% believe they have had dreams where they feel they have connected with / contacted someone else and 17% believe they have had dreams that have predicted the future.
- Only 6% of respondents felt that they sometimes experience the dreams of other people.

Q. How would you describe the majority of your dreams?

Weird	52%
Vivid	45%
Enjoyable	28%
Disturbing	21%
Mundane	18%
Frightening	15%
Funny	14%
Other	8%
Embarrassing	7%
Clichéd and predictable	3%

- Respondents are most likely to describe their dreams as weird (52%) and vivid (45%).
- They are least likely to describe their dreams as embarrassing (7%) and clichéd / predictable (3%)

Q. What would you say is the oddest dream you have ever had?



Worry

Q. How much do you worry?

Hardly ever worry	6%
Don't worry much	11%
Neither a little or a lot	11%
Worry a bit	40%
Worry a lot	31%

- Just under three quarters of respondents (71%) either worry a bit (40%) or a lot (31%).
- Only 17% of respondents either hardly ever worry (6%) or don't worry much (11%).

Note: the same question was asked in a VOX POP survey in November 2018:

	Nov 18	Mar 21	Change
Hardly ever worry	8%	6%	- 2pp
Don't worry much	17%	11%	- 6pp
Neither a little or a lot	13%	11%	- 2pp
Worry a bit	40%	40%	No Change
Worry a lot	23%	31%	+ 8pp

- The most notable difference between these two time periods is the increase in the proportion of respondents who worry a lot from 23% to 31%.

Q. When you do worry what are you most likely to worry about? Please tick up to five boxes

Health of family or friends (not Covid-19)	47%
Personal health	45%
Money / finances	41%
COVID-19	32%
Having enough time to do everything you need to	32%
Job or business	31%
Relationships with family or friends	26%
Getting old	25%
Staying physically active	22%
Staying mentally active	20%
Being a good parent / raising children	18%
Physical appearance	15%
Crime and safety	15%
World issues (war, environment etc.) (please state)	14%
Brexit	12%
Other	6%

- Respondents are most likely to worry about:
 - The health of family or friends (47%)
 - Personal health (45%)
 - Money / finances (41%)
- A notable proportion of respondents also worry about:
 - COVID-19 (32%)
 - Having enough time to do everything they need to (32%)
 - Job or business (31%)

Note: a similar question was asked in a VOX POP survey in November 2018 but as the response categories differ between the two surveys the results are not directly comparable.

Q. Which of these do you think most contribute to your level of worry? Please tick up to three boxes

Watching television	48%
Surfing the Internet	36%
Announcements from Government departments	34%
Reading newspapers	23%
Talking with your family	22%
Statements from environmental or health groups	18%
Other (please state)	18%
Talking with your friends	13%
Talking with colleagues	6%
Reading magazines	1%
Reading books	1%

- Respondents are most likely to feel that the follow contribute to their level of worry:
 - Watching television (48%)
 - Surfing the Internet (36%)
 - Announcements from Government departments (34%)

Note: the same question was asked in a VOX POP survey in November 2018:

	Nov 18	Mar 21	Change
Watching television	45%	48%	+ 3pp
Surfing the Internet	27%	36%	+ 9pp
Announcements from Government departments	41%	34%	- 7pp
Reading newspapers	32%	23%	- 9pp
Talking with your family	20%	22%	+ 2pp
Statements from environmental or health groups	29%	18%	- 11pp
Other (please state)	10%	18%	+ 8pp
Talking with your friends	16%	13%	- 3pp
Talking with colleagues	12%	6%	- 6pp
Reading magazines	2%	1%	- 1pp
Reading books	2%	1%	- 1pp

- Over this period there has been a notable fall in the level of worry caused by statements from environmental or health groups (-11pp), from reading newspapers (-9pp) and from announcements from government departments (-7pp).
- Conversely there has been a notable increase in the level of worry caused by surfing the internet (+9pp) and from 'Other' sources not listed (+8pp). This includes an increase in the number of respondents stating 'general anxiety' contributes to their level of worry.

And Finally ...

Q. Would you rather?

		Undecided		
Have only single sex schools	6%	24%	70%	Have only mixed sex schools
Work with someone who is poor at their job but who you really like	27%	34%	39%	Work with someone who is good at their job, but you don't like
Have to live without the internet	61%	15%	25%	Have to live without heating
Be completely safe	42%	26%	31%	Be completely free
Win a million pounds	49%	18%	33%	Earn a million pounds
Get out of lockdown in the next month, even if it might mean another lockdown in the future	13%	7%	79%	Get out of lockdown by the end of 2021, making another lockdown much less likely in the future

- Over three quarters (79%) of respondents would rather get out of lockdown by the end of 2021, making another lockdown much less likely in the future, compared to just 13% who would rather get out of lockdown in the next month, even if it might mean another lockdown in the future.
- 70% of respondents would rather have only mixed sex schools, compared to just 6% who would rather have single sex schools/
- 61% of respondents would rather live without the internet, compared to 25% who would rather live without heating.
- 49% of respondents would rather win a million pounds, compared to 33% who would rather earn a million pounds.
- 42% of respondents would rather be completely safe, compared to 31% who would rather be completely free.
- Respondents were most split when it came to the statement about a colleague. Whilst 39% would rather work with someone who is good at their job but they don't like, 27% would rather work with someone who is poor at their job but who they really like, and 34% were unable to decide.

Q. Recently, ex-president Trump supporters stormed the Capitol building in Washington DC, in what has been called an attempted insurrection (a violent uprising against an authority or government.). Do you think that kind of thing could ever happen in the UK?

Don't know	7%
No – Definitely not	7%
No – Probably not	32%
Yes – Probably	38%
Yes – Definitely	17%

- 39% of respondents think that an attempted insurrection could definitely not (7%) or probably not (32%) happen in the UK.
- Conversely, 55% of respondents think that an attempted insurrection could definitely (17%) or probably (38%) happen in the UK.