



Publication date: 4th May 2026

Short Methodology Statement

Research company	YouGov Galaxy Pty Ltd
Client commissioning the research	the haus
Fieldwork dates	1 st – 8 th December 2025
Mode of data collection	Online recruited from research panel (100%)
Target population	Australians and New Zealanders aged 18+ who are married or living with a partner
Sample size	AU: n=1004; NZ: n=1035
Australian Polling Council compliant	Yes
URL of Long Methodology statement	https://au.yougov.com/about/panel-methodology/australian-polling-council
Is voting intention published?	No

Long Methodology Statement

Effective sample size after weighting applied	AU: n=960 NZ: n=991
Margin of error associated with effective sample size	AU: ± 3.163 NZ: ± 3.113
Quotas and weighting	Age x Gender x State and are broadly representative of all country adults who are married or living with a partner
Weighting method used	Rim weighting
Full question text, responses categories and randomisation	See below
Source of online sample	Selected from previously recruited online panels of research participants using quotas based on weighting frame.
Positioning of voting intention questions in questionnaire?	NA
How were undecided voters handled?	NA
2PP calculation method	NA



Full Question Text of Published Questions

Question type: *PdI*
[Varlabel - Marital Status]

[maritalstatus] What is your current marital status?

- <1> Married
- <2> Living with partner
- <3> In relationship, but not living with partner
- <4> Widowed
- <5> Divorced
- <6> Separated
- <7> Single

{exit status=screenout if not maritalstatus in ([1,2])}

Base: All country adults 18+ who are married/ living with a partner

Question type: *Multiple*

#row order: *randomize*

[Varlabel - Q1. Reasons for sleeping separately from partner (incl. ex-partner)]

[Q1] Which, if any, of the following have ever led to you and your partner (including an ex-partner) sleeping in separate rooms or beds?

Please select all that apply

- <1> Snoring
 - <2> Different sleep schedules (e.g. early bird vs night owl)
 - <3> Temperature preferences
 - <4> Illness
 - <5> Childcare responsibilities
 - <6> Need for better rest
 - <7> One partner prefers more space
 - <8> My partner's body temperature
 - <9> One of us secretly adjusted the fan to face ourselves
 - <10> Arguments or disagreements
 - <955 fixed> Other [open] please specify
 - <944 fixed xor> Not applicable – I have never slept separately from my partner (including ex-partner)
-



Base: All country adults 18+ who are married/ living with a partner

Question type: **Grid**

#row order: randomize #column order: reverse(\$sreverse)

[Varlabel - Q2. Typical weekly nights sleeping apart from partner (summer & other seasons)]

[Q2] In a typical week during summer and other seasons, how many nights do you and your partner sleep in separate rooms or beds?

Please select the option that best applies per row

- | | |
|---------|-------------------|
| -[Q2_1] | Summer |
| -[Q2_2] | All other seasons |
| <1> | None |
| <2> | 1 night |
| <3> | 2 nights |
| <4> | 3 nights |
| <5> | 4 nights |
| <6> | 5 nights |
| <7> | 6 nights |
| <8> | 7 nights |

Base: All country adults 18+ who are married/ living with a partner

Question type: **Multiple**

#row order: randomize

[Varlabel - Q3. Factors that have made/would lead to irritability with partner]

[Q3] Thinking about your and your partner's sleeping habits...

Which, if any, of the following has made/ would make you more irritable or snappy with your partner?

Please select all that apply

- | | | | |
|-----|--|-------------|--|
| <1> | A lack of sleep | <7> | Sneaking the thermostat up to tropical mode |
| <2> | Insisting on cuddling when it's sweltering | <8> | Dialing the thermostat to iceberg settings |
| <3> | My partner's bad sleep habits (e.g. snoring, tossing, etc.) | <9> | Refusing to share the cool side of the bed |
| <4> | If my partner is an incompatible sleeper (e.g. early bird vs. night owl, blanket hog, fan lover vs. hater, etc.) | <10> | Leaving the window open so hot air floods in |
| <5> | If my partner secretly turned the fan toward themselves | <955 fixed> | Other [open] please specify |



<6> Turning the AC off to “save power” while I’m melting	<944 fixed xor>	Not applicable – nothing has/ would make me irritable or snappy with my partner
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#order: randomize

Base: All country adults 18+ who are married/ living with a partner

Question type: **Dyngrid**

#row order: randomize #column order: reverse(\$sreverse)

[Varlabel - Q4. Agreement with statements]

[Q4] To what extent do you agree or disagree with the following statements?

Please select the option that best applies per row

- [Q4a_1] I have slept/ would sleep separately with my partner to improve rest
 - [Q4a_2] I struggle with getting quality sleep during summer nights
 - [Q4a_3] When I sleep well, I handle relationship challenges better
 - [Q4a_4] Quality sleep makes me more understanding/ less irritable in my relationship
 - [Q4a_5] Getting quality sleep improves how I interact with my partner
 - <1> Strongly agree
 - <2> Somewhat agree
 - <4> Somewhat disagree
 - <5> Strongly disagree
-

Base: All country adults 18+ who are married/ living with a partner

Question type: **Dyngrid**

#column order: reverse(\$sreverse)

[Varlabel - Q4. Agreement with statement]

[Q4b] To what extent do you agree or disagree with the following statement?

Please select the option that best applies

- [Q4a_6] I have skipped/ would skip bedtime intimacy due to temperature
- <1> Strongly agree
- <2> Somewhat agree
- <4> Somewhat disagree
- <5> Strongly disagree
- <966 fixed xor> Prefer not to say

YouGov®

AUSTRALIA

Shark Sleep Divorce Study

Prepared for :



December 10, 2025

Research objectives

Research objectives

- The key objectives of the research were to:
 - Understand the factors leading to Australian and New Zealand couples sleeping separately
 - Measure the frequency of Australian and New Zealand couples sleeping separately across seasons
 - Explore the impact of sleep-related issues on relationship dynamics
 - Understand if sleep quality links to relationship well-being

Methodology

Methodology

- This study was conducted online between 1st – 8th December 2025.
- The sample is comprised of a nationally representative sample of 1,004 Australians and 1035 New Zealanders aged 18+ who are married or living with a partner.
- For brevity, this audience (those married or living with a partner) will be referred to as partnered adults.
- Respondents are sourced from the YouGov panel. Panellists are incentivised by points that can be redeemed for cash or vouchers. YouGov may supplement its panel with accredited partner panels from time to time to bolster available respondents for hard-to-reach cohorts.
- YouGov designed the questionnaire, in collaboration with the haus, a copy of which has been included in this report.
- Following the completion of interviewing, the data was weighted by age, gender and region to reflect the latest population estimates for each market.
- Significant differences have been reported at the 95% confidence interval.
- This study has been carried out in accordance with the ISO 20252:2019 standards, to which YouGov is accredited.

Executive Summary

Key Findings

- Research reveals that eight in ten partnered adults in Australia (80%) and New Zealand (81%) have slept separately from their partner (including an ex-partner) at some point.
 - New Zealand partnered adults are more likely than their Australia counterpart to have slept separately due to illness (42% compared to 34%), snoring (40% compared to 33%), the need for better rest (31% compared to 24%). Conversely, Australia partnered adults are more likely to cite arguments or disagreements (33% compared to 28%) as reasons.
- On average, Australia partnered adults spend approximately 92 nights (or 13.1 weeks) sleeping apart in a typical year, just 4 nights more than their New Zealand counterpart (approximately 88 nights, or 12.6 weeks).
- Australia partnered adults are more likely than their New Zealand counterpart to say temperature compatibility related actions (47% compared to 39%) have made or would make them more irritable or snappy with their partner, specifically turning the AC off to "save power" while they are melting (21% compared to 13%) and insisting on cuddling when it's sweltering (20% compared to 16%).
- Additionally, six in ten Australia partnered adults (59%) agree that they have skipped or would skip bedtime intimacy due to temperature compared to over half (54%) of New Zealand partnered adults who shared the same sentiment.
- In contrast, New Zealand partnered adults are more likely than their Australia counterpart to agree that they struggle with getting quality sleep during summer nights (68% compared to 61%).
- Furthermore, over nine in ten partner adults in Australia and New Zealand agree that:
 - When they sleep well, they handle relationship challenges better (94% and 95% respectively)
 - Getting quality sleep improves how they interact with their partner (93% each)
 - Quality sleep makes them more understanding or less irritable in their relationship (92% and 95% respectively)
- Six in ten partnered adults in Australia (59%) and New Zealand (61%) also agree that they have slept or would sleep separately with their partner to improve rest.

Key Findings

- AU

Key Findings

Reasons for sleeping separately from partner (incl. ex-partner) (Q1)

- Overall, eight in ten (80%) Australia partnered adults admit to have ever slept separately from their partner (including an ex-partner).
- Most commonly, partnered adults cite illness (34%), snoring (33%), and arguments or disagreements (33%) as reasons for sleeping separately .
- These are followed by the need for better rest (24%), childcare responsibilities (21%), different sleep schedules (20%), and temperature compatibility (temperature preferences and body temperature – 16%).
- Interestingly, approximately 358,000 partnered adults (equivalent to 3% partnered adults) admit to sleeping separately because one of them secretly adjusted the fan to face themselves.
- Millennials (83%) are more likely than Gen Z (71%) to have ever slept separately from their partner.

Key Findings (continued...)

Typical weekly nights sleeping apart from partner (summer & other seasons) (Q2)

- On average, Australia partnered adults spend approximately 92 nights (or 13 weeks) sleeping apart in a typical year.
- Half (49%) of partnered adults say they spend at least one night sleeping apart in a typical summer week, with partner adults living in one of the 5 main capital cities being more likely than those living outside of the 5 main capital cities to do so (54% compared to 40%).
- Partnered adults who struggle to get quality sleep during summer nights are more likely than those who don't to sleep apart from their partner in a typical summer week (54% compared to 41%), and are also more likely to spend more nights sleeping apart on average (2.1 nights compared to 1.3 nights).
- Partnered adults who have slept separately from their partner due to temperature compatibility are nearly twice as likely as those who haven't to sleep apart for at least one night in a typical summer week (82% compared to 43%). Additionally, they are also more likely to spend more nights sleeping apart in a typical summer week (3.1 nights compared to 1.6 nights).
- Overall, Australia partnered adults typically sleep apart 1.8 nights per week in a typical year on average.
- Women appear to be more likely than men to spend more nights sleeping apart in a typical year (approximately 95 nights compared to 90 nights per year).
- Baby Boomer are more likely than Gen Z, Millennials, and Gen X partnered adults spend more nights sleeping apart in a typical year than (approximately 112 nights compared to 72 nights, 88 nights, and 90 nights respectively).
- Partnered adults in SA appear to be most likely to spend the most nights sleeping apart in a typical year, averaging around 104 nights per year. This is followed by those in QLD (101 nights) and VIC (96 nights). Meanwhile, partnered adults in NSW (85 nights) and WA (88 nights) are more likely to spend the least night sleeping apart in a typical year.

Key Findings (continued...)

Factors/ actions that have made/would lead to irritability with partner (Q3)

- When asked, nearly half (47%) Australia partnered adults say temperature compatibility related actions have made or would make them more irritable or snappy with their partner.
 - This includes turning the AC off to “save power” while they are melting (21%), insisting on cuddling when it’s sweltering (20%), leaving the window open so hot air floods in (14%), dialling the thermostat to iceberg settings (10%), sneaking the thermostat up to tropical mode (10%), secretly turning the fan toward themselves (7%), and refusing to share the cool side of the bed (5%).
- Additionally, nearly two-fifths say a lack of sleep (37%) or their partner’s bad sleep habits (e.g. snoring, tossing, etc. – 37%) have made or would make them more irritable or snappy with their partner.
- Just one in seven (15%) say they have been or would be irritable or snappy with their partner if their partner is an incompatible sleeper (e.g., early bird vs. night owl, blanket hog, fan lover vs. hater, etc.).
- Gen Z (51%), Millennials (51%), and Gen X (52%) are more likely than Baby Boomers (30%) to say temperature compatibility-related actions have made or would make them more irritable or snappy with their partner.
- Moreover, partnered adults in SA are more likely than their counterpart in VIC to say temperature compatibility-related actions have made or would make them more irritable or snappy with their partner (56% compared to 43%).

Key Findings (continued...)

Agreement with statements (Q4a/Q4b)

“When I sleep well, I handle relationship challenges better”

- Over nine in ten (94%) Australia partnered adults agree that they handle relationship challenges better when they sleep well, with over two-fifths (43%) *strongly* agreeing.

“Getting quality sleep improves how I interact with my partner”

- Over nine in ten (93%) Australia partnered adults agree that getting quality sleep improves how they interact with their partner, including nearly half (47%) who *strongly* agree.
- Gen Z, Millennials, and Gen X are more likely than Baby Boomers to *strongly* agree with this sentiment (51%, 51% and 45% respectively compared to 36%).

“Quality sleep makes me more understanding/ less irritable in my relationship”

- Over nine in ten (92%) Australia partnered adults agree that sleep makes them more understanding or less irritable in their relationship, with nearly half (47%) *strongly* agreeing.
- Millennials, Gen X, and Baby Boomers are more likely than Gen Z to agree with this sentiment (91%, 94% and 94% respectively compared to 83%).

Key Findings (continued...)

Agreement with statements (Q4a/Q4b) continued...

“I struggle with getting quality sleep during summer nights”

- Six in ten (61%) Australia partnered adults agree that they struggle with getting quality sleep during summer nights, with one in seven (15%) *strongly* agreeing.
- Women are more likely than men (18% compared to 12%) to *strongly* agree with this sentiment.
- Partnered adults in SA (78%) and VIC (69%) are more likely than their counterparts in NSW (55%) and QLD (58%) to agree with this.

“I have slept/ would sleep separately with my partner to improve rest”

- Six in ten (59%) Australia partnered adults agree that they have slept or would sleep separately with their partner to improve rest, including one in five (19%) who *strongly* agree.
- Gen X (69%) are the most likely generation to agree with this sentiment, including being *strongly* agreeing (27%).

“I have skipped/ would skip bedtime intimacy due to temperature”

- Six in ten (59%) Australia partnered adults agree that they have skipped or would skip bedtime intimacy due to temperature, with one in five (20%) *strongly* agreeing.
- Women are more likely than men to agree that they have skipped or would skip bedtime intimacy due to temperature (65% compared to 54%).

Key Findings

- NZ

Key Findings

Reasons for sleeping separately from partner (incl. ex-partner) (Q1)

- Research reveals that eight in ten (81%) New Zealand partnered adults have slept separately from their partner (including an ex-partner) at some point.
- Illness (42%) and snoring (40%) are by far the most common reasons, followed by the need for better rest (31%), arguments or disagreements (28%) and childcare responsibilities (22%), which round out the top five.
- About a fifth also cite temperature compatibility (i.e. temperature preferences and body temperature – 20%) or different sleep schedules (18%) as reasons.
- Interestingly, approximately 104,000 partnered adults (equivalent to 5% partnered adults) admit to sleeping separately because one of them secretly adjusted the fan to face themselves.
- Gen Z (82%), Millennials (85%), and Gen X (84%) are more likely than Baby Boomers (71%) to have ever slept separately from their partner. Additionally, they are also more likely to cite temperature compatibility as a reason (28%, 24%, and 20% respectively, compared to 12%).
- Partnered adults in Bay of Plenty appear to be the most likely to sleep separately due to temperature compatibility (32%).

Key Findings (continued...)

Typical weekly nights sleeping apart from partner (summer & other seasons) (Q2)

- On average, New Zealand partnered adults spend approximately 88 nights (or 13 weeks) sleeping apart in a typical year.
- Half (50%) of partnered adults say they spend at least one night sleeping apart in a typical summer week, with partner adults in Auckland being more likely than those in Canterbury region, other North Island (excl. Bay of Plenty) and other South Island to do so (56% compared to 46%, 45%, and 43% respectively).
- New Zealand partnered adults who struggle to get quality sleep during summer nights are more likely than those who don't to sleep apart from their partner in a typical summer week (58% compared to 32%). Additionally, they are also more likely to spend more nights sleeping apart on average (2 nights compared to 1.3 nights).
- Partnered adults who have slept separately from their partner due to temperature compatibility are about twice as likely as those who haven't to sleep apart for at least one night in a typical summer week (81% compared to 42%). Additionally, they are also more likely to spend more nights sleeping apart in a typical summer week (2.7 nights compared to 1.6 nights).
- New Zealand partnered adults typically sleep apart 1.8 nights per week during summer and 1.7 nights across other seasons on average.
- Men are more likely than women to spend more nights sleeping apart in a typical year (approximately 97 nights compared to 78 nights per year).
- Gen Z, Millennials, and Gen X also spend more nights sleeping apart in a typical year than Baby Boomers (approximately 100 nights, 92 nights, and 81 nights respectively, compared to 69 nights).
- Partnered adults in Wellington spend the most nights sleeping apart in a typical year, averaging around 104 nights per year.

Key Findings (continued...)

Factors/ actions that have made/would lead to irritability with partner (Q3)

- When asked, over two-fifths (43%) of New Zealand partnered adults say a lack of sleep have made or would make them more irritable or snappy with their partner, followed by their partner's bad sleep habits (e.g. snoring, tossing, etc. – 39%).
- Moreover, a similar proportion (39%) cite temperature compatibility related actions that have made or would make them more irritable or snappy with their partner.
 - This includes insisting on cuddling when it's sweltering (16%), turning the AC off to "save power" while they are melting (13%), leaving the window open so hot air floods in (12%), secretly turning the fan toward themselves (9%), sneaking the thermostat up to tropical mode (9%), dialling the thermostat to iceberg settings (7%), and refusing to share the cool side of the bed (6%).
- Nearly one in five (16%) say they have been or would be irritable or snappy with their partner if their partner is an incompatible sleeper (e.g., early bird vs. night owl, blanket hog, fan lover vs. hater, etc.).
- Gen Z (62%) are the most likely to say temperature compatibility-related actions have made or would make them more irritable or snappy with their partner, compared to older generations (Millennials 47%, Gen X 37%, Baby Boomers 19%).
- Furthermore, partnered adults in Bay of Plenty are the most likely to say temperature compatibility-related actions have made or would make them more irritable or snappy with their partner (61%).

Key Findings (continued...)

Agreement with statements (Q4a/Q4b)

“Quality sleep makes me more understanding/ less irritable in my relationship”

- Nearly all (95%) New Zealand partnered adults agree that sleep makes them more understanding or less irritable in their relationship, including half (49%) who *strongly* agree.
- Women are more likely than men to *strongly* agree with this sentiment (53% compared to 44%).
- Partnered adults in Auckland are more likely than their counterpart in Wellington to *strongly* agree with this sentiment (53% compared to 40%).

“When I sleep well, I handle relationship challenges better”

- Nearly all (95%) New Zealand partnered adults agree that they handle relationship challenges better when they sleep well, with over two-fifths (44%) *strongly* agreeing.

“Getting quality sleep improves how I interact with my partner”

- Over nine in ten (93%) New Zealand partnered adults agree that getting quality sleep improves how they interact with their partner, including nearly half (46%) who *strongly* agree.

Key Findings (continued...)

Agreement with statements (Q4a/Q4b) continued...

“I struggle with getting quality sleep during summer nights”

- Nearly seven in ten (68%) New Zealand partnered adults agree that they struggle with getting quality sleep during summer nights, with a fifth (19%) *strongly* agreeing.
- Women are more likely than men (23% compared to 16%), as are Gen Z (28%), Millennials (21%), and Gen X (22%) compared to Baby Boomers (10%), to *strongly* agree with this.
- Additionally, partnered adults in Bay of Plenty (28%) and Auckland (22%) are more likely than their counterparts in Wellington (13%) and other South Island (12%) to be *strongly* agreeing with this.

“I have slept/ would sleep separately with my partner to improve rest”

- Six in ten (61%) New Zealand partnered adults agree that they have slept or would sleep separately with their partner to improve rest, including a quarter (24%) who *strongly* agree.
- Men are more likely than women to agree with this (66% compared to 57%).
- Gen Z (65%), Millennials (70%), and Gen X (62%) are more likely than Baby Boomers (47%) to agree with this sentiment.

“I have skipped/ would skip bedtime intimacy due to temperature”

- Over half (54%) of New Zealand partnered adults agree that they have skipped or would skip bedtime intimacy due to temperature, with one in five (20%) *strongly* agreeing.
- Women are more likely than men to agree that they have skipped or would skip bedtime intimacy due to temperature (59% compared to 51%).
- Gen Z (68%) are more likely than Gen X (54%) and Baby Boomers (38%) to agree with this sentiment. Additionally, they are the most likely to *strongly* agree with this (32%).

Thank you

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