

Forget being 'hangry' - modern Brits are more likely to be 'TANGRY' (tired and angry)

9 in 10



suffer from 'tangry' behaviour

18%



feel like a different person when they're tired

Signs you're tangry include:



Overreacting about small issues



Complaining more often



Being more impatient



Snapping at others



Losing patience with tech



Lack of focus at work



Crying at the slightest things



Swearing under your breath



Eating rubbish to perk-up



Rowing with your partner

The top 10 tangriest cities:



The tangriest city in the UK, is **Brighton & Hove** with 81% of residents suffering from 'tangry' behaviour, followed by **Belfast** at 67% and **Cardiff** at 66%.

Birmingham also made the top 10 in at 8th place with 64%, while **Edinburgh** and **York** scored 63% and 62% respectively...

Dr Sophie Bostock says "Sleep, wellbeing and behaviour are intertwined. A lack of sleep can increase stress sensitivity, reducing self-control making us impulsive and aggressive. This survey shows how sleep deprivation can cause many of us to lash out in ways we later regret."

We've launched a **Sleep Calm & Carry On** programme, containing six short videos to help improve the nation's sleep, giving people the tools they need to relax and unwind.



If you want to improve your sleep and feel less tangry, visit

www.bensonsforbeds.co.uk/sleep-hub/sleep-calm-and-carry-on

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