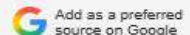


## International Yoga Day 2026: 852 Million People Have Insomnia. Here's What Yoga Offers

By Susmita Sharma

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Somewhere between the late-night scroll and the 6 a.m. alarm, sleep quietly became the thing most of us are short-changing. A 2025 systematic review published in *Sleep Medicine Reviews*, which pooled data from 18 high-quality studies covering more than 260,000 people, estimated that 852 million adults worldwide - 16.2% of the global adult population - meet clinical criteria for insomnia, with nearly 415 million experiencing it in severe form. The fallout isn't just tiredness. It's weakened immunity, hormonal imbalance, impaired cognition, elevated cortisol, and a measurably higher risk of cardiovascular disease and diabetes.



Photo Credit: Canva

This is the gap that **Prof. Milind Patre, Associate Dean, Department of Wellness and Yogic Science, MIT World Peace University, Pune**, believes yoga is uniquely placed to close - not as an alternative therapy on the fringes of wellness culture, but as what he calls a "science of the inner world", with as much rigour behind it as any laboratory discipline.