Compared with children getting the recommended amount of night time sleep.


To be as healthy as possible, children need adequate night time sleep:

5–13 year olds
9–11 HOURS of sleep/night

14–17 year olds
8–10 HOURS of sleep/night

1 in 3 children have trouble going to sleep or staying asleep.

But... 1 in 4 children are NOT getting enough sleep.

GOOD SLEEP. PART OF A HEALTHY LIFESTYLE.

Let's talk about sleep quality, shall we?

1 in 5 children have difficulty staying awake during waking hours.

1 in 10 children find their sleep refreshing.

Over time, insufficient sleep impacts how a child feels, behaves and interacts. Children who get less than adequate sleep report:

Catching more Zzz's can help with children's:

• Physical health,
• Emotional well-being, and
• Quality of life!

In Canada, among children and youth 5–17 years of age:

AN ESTIMATED 1 IN 66 HAVE BEEN DIAGNOSED WITH ASD

MALES WERE MORE FREQUENTLY IDENTIFIED WITH ASD THAN FEMALES

4X

MORE THAN HALF OF CHILDREN AND YOUTH HAD RECEIVED THEIR DIAGNOSIS BY AGE 6

56%

AND MORE THAN 90% OF CHILDREN AND YOUTH WERE DIAGNOSED BY AGE 12

90%

1 IN 42 MALES WERE DIAGNOSED WITH ASD

1 IN 165 FEMALES WERE DIAGNOSED WITH ASD

* Report findings are based on 2015 health, education and social services data collected from seven participating provincial and territorial governments (Newfoundland and Labrador, Nova Scotia, Prince Edward Island, New Brunswick, Quebec, British Columbia and the Yukon Territory), representing 40% of children and youth in Canada.

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