ARE CANADIAN ADULTS GETTING ENOUGH SLEEP?


Current recommendations¹ are:

- **Ages 18–64**
  - 7–9 HOURS of sleep/night

- **Ages 65+**
  - 7–8 HOURS of sleep/night

But...

1 in 4 adults aged 18–34

1 in 3 adults aged 35–64

1 in 4 adults aged 65–79 are **not getting enough sleep.**

¹ Significant difference between males and females

Let’s talk about **sleep quality**, shall we?

1 in 2 adults have **trouble going to sleep** or **staying asleep.**

1 in 5 adults **DO NOT** find their **sleep refreshing.**

1 in 3 adults have **difficulty staying awake** during waking hours.

A number of factors are related to **insufficient sleep** in adults:

- **MORE SEDENTARY TIME**
  - Adults who get **insufficient sleep** report an average of **4.0 hours** of sedentary time a day compared to an average of **3.5 hours** for adults who get **adequate sleep.**

- **CHRONIC STRESS**
  - 36.3% of adults who get **insufficient sleep** report having chronic stress compared to 23.2% of adults who get **adequate sleep.**

- **POOR MENTAL HEALTH**
  - 12.3% of adults who get **insufficient sleep** report having poor mental health compared to 5.8% of adults who get **adequate sleep.**

Good sleep hygiene could lead to better sleep²,³:

- Avoid alcohol, caffeine, and nicotine before bed
- Maintain a regular bedtime/waketime
- Practice relaxation and mindfulness-based stress reduction techniques
- Reduce noise in the sleeping environment
- Restrict naps to 30 minutes
- Exercise regularly
- Review medications with your physician/pharmacist regularly

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