

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.



*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 sleep^{2,3}:

- **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**



Data source: Canadian Health Measures Survey (CHMS) 2014-2015.

¹ Hirshkowitz M, Whiton K, Albert SM, et al. National Sleep Foundation's updated sleep duration recommendations: Final report. *Sleep Health* 2015; 1:233-43

² Irish LA, Kline CE, Gunn HE, Buysse DJ, Hall MH. The role of sleep hygiene in promoting public health: A review of empirical evidence. *Sleep Medicine Reviews* 2015; 22:23-36

³ Suzuki K, Miyamoto M, Hirata K. Sleep Disorders in the elderly: Diagnosis and management. *Journal of General and Family Medicine* 2017 Apr; 18(2):61-71

GOOD SLEEP. PART OF A HEALTHY LIFESTYLE.

LEARN MORE ABOUT SLEEP HEALTH AT CANADA.CA

> **SEARCH** Physical activity, sedentary behaviour and sleep

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