

Sleep for adults

Adults ages 18 to 64 should aim for 7 to 9 hours of uninterrupted sleep each night.

Move more, sleep well:

Sleep is just as important as being active! The benefits of physical activity are increased when paired with sufficient sleep. Adequate sleep supports better stress management and helps you function more effectively both at home and at work.



Tips for a good night's sleep:



Stick to regular bed and wake-up times (even on weekends).



Create a sleep-friendly space: dark, quiet, cool and free of screens.



Establish a relaxing routine 30 minutes to 1 hour before bed.



Be active during the day; reduce time spent sitting.



Limit screen time during the day and avoid screens at least 1 hour before bed.



Avoid large meals, caffeine, alcohol and nicotine before bed.



Sweat

150 minutes per week



Step

Several hours



Sleep

7 to 9 hours



Produced by OSPAPPH
Sleep Working Group

When families practice healthy sleep habits, it leads to better sleep for the entire family.

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