

# SLEEP

64%

**OF GREY BRUCE ADULTS  
ARE GETTING ENOUGH SLEEP**



## ADULTS

The recommended amount of sleep for adults aged 18 and older is 7 or more hours per night. Overall, adults in Grey Bruce are more likely to get enough sleep than in Ontario.

This was also true of every age group except 50 to 64 year-olds when compared to their counterparts in Ontario.

## CHILDREN & YOUTH

It is recommended that children and youth aged 12 to 17 get between 8 and 10 hours of sleep per night. Children and youth in Grey Bruce and Ontario are similarly likely to get enough sleep.

60%

**OF CHILDREN AND YOUTH IN  
GREY BRUCE ARE GETTING  
ENOUGH SLEEP**

