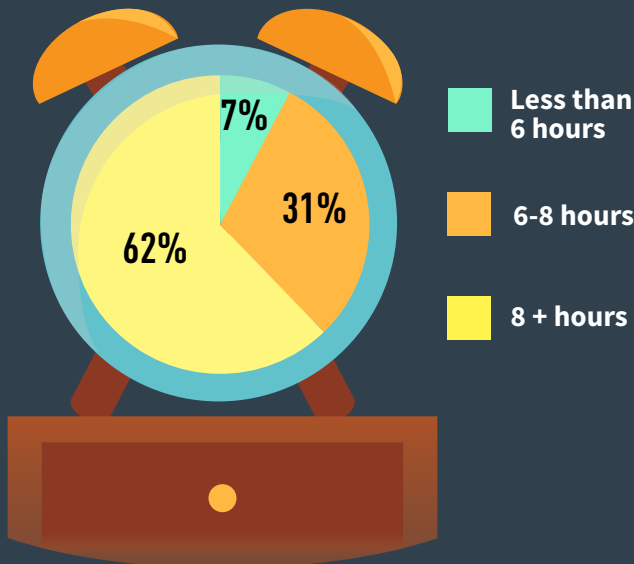


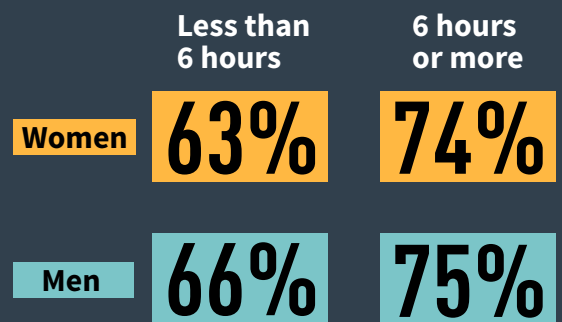
READY, SET, SNOOZE!



How much do Canadians sleep?

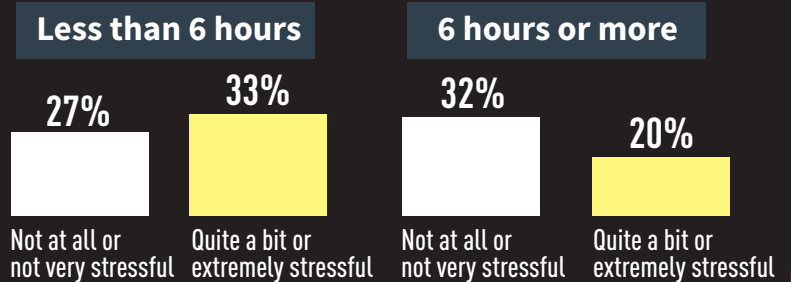


Sleeping longer and work-life balance go hand-in-hand

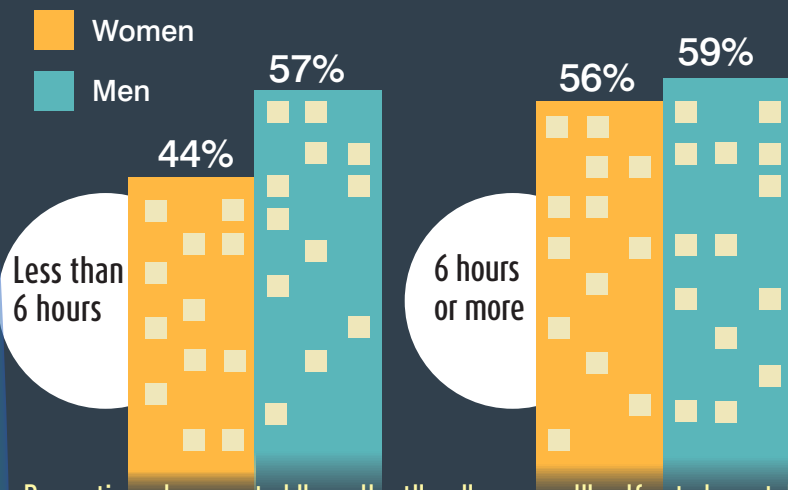


Proportion of workers who reported "very satisfied" or "satisfied" with work-life balance

Do people who sleep less report more stressful days?



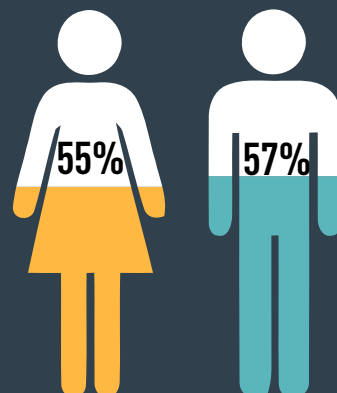
Canadians who sleep more report better mental health



Proportion who reported "excellent" or "very good" self-rated mental health

Sleeping less to do more

Over half of Canadians are willing to cut back on their sleep to accomplish more in their day



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Note: These data are for Canadians 25 to 54 years of age. "Sleep" includes sleeping, napping, resting, relaxing, and time spent sick in bed.

"Workers" include respondents who reported their main activity as working at a paid job or business in the last 12 months.

Source: General Social Survey (Time Use), 2015.



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