

# ARE CANADIAN ADULTS GETTING ENOUGH SLEEP?

Current recommendations<sup>1</sup> 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<sup>2,3</sup>:

- **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.

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

<sup>2</sup> 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

<sup>3</sup> 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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