

Sleep

Naps can improve cognitive performance, reaction times, mood and memory.

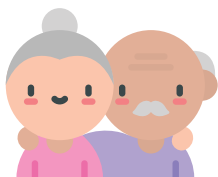


1 in 3

Canadians aren't getting enough sleep.

7 to 9

hours is the average amount of required sleep.



7 1/2

hours on average is adequate for seniors.

40% of men and 48% of women didn't consistently have a refreshing night's sleep.



63%

of women suffer from insomnia a few nights a week.



7 min

is the average time it takes to fall asleep.

Lack of sleep, both duration and quality, is associated with obesity, Type 2 diabetes, cardiovascular disease, injuries, death from all causes, depression, irritability and reduced well-being.

Sources:

css-scs.ca / berkeley.edu / verywellhealth.com / statcan.gc.ca

Tips for better sleep

- Go to bed and wake up at the same time every day, even after a bad night's sleep or on the weekend
- Keep your bedroom temperature cool; about 65 degrees Fahrenheit is optimal for cooling your body towards sleep. Wear socks if your feet are cold.
- An hour before bedtime, dim the lights and turn off all screens. Blackout curtains are helpful.
- If you can't sleep, get out of bed and do something quiet and relaxing until the urge to sleep returns. Then go back to bed.
- Avoid caffeine after 1 p.m. and never go to bed tipsy. Alcohol is a sedative and sedation is not sleep. It also blocks your REM dream sleep, an important part of the sleep cycle.

As we age, we

- Have earlier bedtimes and earlier wake-up times.
- Sleep more during the day (naps).
- Sleep less during the night.
- Wake up more during the night, especially in the second half of the night.
- Experience lighter sleep; less time is spent in deep sleep and more time is spent in lighter sleep.



When your body is sleep deficient, it goes into a state of stress, which may cause high blood pressure, increasing your risk for heart attack and stroke.