

Make your whole day matter.

The new **Canadian 24-Hour Movement Guidelines for Adults** integrate recommendations for **physical activity**, **sedentary behaviour** and **sleep**.

Following the guidelines can help you obtain health benefits and live your best life!

Sleep Well



Set yourself up for 7 to 9 hours (18-64 years) or 7 to 8 hours (65+ years) of good quality sleep on a regular basis with consistent bed and wake-up times

How are Canadians doing¹?



64.5% of adults 18 to 79 years meet the sleep duration recommendations:



On average, women sleep for **7.24 hours** per night, whereas men sleep for **7 hours** per night



Despite this, women generally report lower sleep quality and experience more insomnia symptoms, compared to men

Sleep Quality:

43% of men and **55%** of women aged 18-64 years report having trouble going to sleep or staying asleep "sometimes/most of the time/all of the time"

1. Government of Canada (2019). Canadian Chronic Disease Indicators: Sleep. <https://health-infobase.canada.ca/ccdi/description?l=eng&dom=2&ind=3&MS=0&MSID=21>.

Tips for Better Sleep

Create a conducive sleep environment – your bedroom should be dark, quiet, comfortable, and cool



Develop a relaxing, screen-free routine before bedtime – take a bath, listen to music, read, and stretch



Avoid alcohol, caffeine, and spicy foods before bed



For the complete guidelines, visit **participACTION.com**