

ARE CANADIAN CHILDREN GETTING ENOUGH SLEEP?

To be as **healthy** as possible¹, children need adequate **night time sleep**:



But... **1 in 4** children are **NOT getting enough** sleep.



5-13 year olds
9-11 HOURS
of sleep/night



14-17 year olds
8-10 HOURS
of sleep/night



Let's talk about **sleep quality**, shall we?

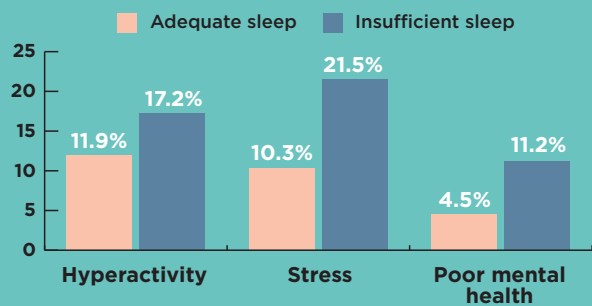
1 in 3 children have trouble **going to sleep** or **staying asleep**.

1 in 5 children have difficulty **staying awake** during waking hours.

1 in 10 children **do not** find their sleep **refreshing**.



Over time, **insufficient sleep** impacts how a child feels, behaves and interacts². Children who get less than adequate sleep report*:



Catching more **Zzz's** can help with childrens':

- **Physical health,**
- **Emotional well-being, and**
- **Quality of life!**



* Compared with children getting the recommended amount of night time sleep.

¹ Tremblay, M.S. et al. Canadian 24-Hour Movement Guidelines for Children and Youth: An Integration of Physical Activity, Sedentary Behaviour, and Sleep. *Applied Physiology, Nutrition, and Metabolism*, 2016, 41(6 (Suppl. 3)): S311-S327, <https://doi.org/10.1139/apnm-2016-0151>

² Carson, V. et al. Associations between sleep duration, sedentary time, physical activity, and health indicators among Canadian children and youth using compositional analyses. *Applied Physiology, Nutrition, and Metabolism*, 2016, 41(6 (Suppl. 3)): S294-S302, <https://doi.org/10.1139/apnm-2016-0026>

GOOD SLEEP. PART OF A HEALTHY LIFESTYLE.

LEARN MORE ABOUT SLEEP HEALTH AT CANADA.CA

- > **SEARCH** Physical activity, sedentary behaviour and sleep
- > **GET DATA** PASS Indicator Framework
- > **OR VISIT** 24-Hr Movement Guidelines

