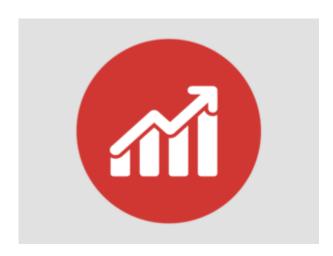
## Wellness — Getting Enough Sleep Stats and Facts



## **FACTS**

- 1. **Insufficient Sleep Prevalence:** Many adults fail to get the recommended 7—9 hours of sleep per night, leading to fatigue, reduced cognitive function, and increased risks of chronic conditions like obesity or heart disease.
- 2. Workplace Sleep Disruption: Shift work, long hours, or high-stress jobs disrupt sleep patterns, contributing to insomnia, daytime sleepiness, and impaired job performance.
- 3. **Screen Time Impact:** Excessive use of screens (e.g., phones, computers) before bed, particularly blue light exposure, delays melatonin production, making it harder to fall asleep.
- 4. Lack of Sleep Hygiene: Poor sleep habits, such as irregular schedules, caffeine/alcohol consumption, or uncomfortable sleep environments, reduce sleep quality and duration.
- 5. **Mental Health Connection:** Inadequate sleep exacerbates anxiety, depression, and stress, while poor mental health can further disrupt sleep, creating a vicious cycle.
- 6. **Health Risks of Sleep Deprivation:** Chronic sleep loss is linked to higher risks of diabetes, hypertension, and weakened immune function, impacting overall wellness.

## **STATS**

- The CDC's 2022 Behavioral Risk Factor Surveillance System reported that 35% of U.S. adults slept less than 7 hours per night, with 12% experiencing frequent sleep difficulties.
- Statistics Canada's 2021 Canadian Community Health Survey found that 43% of Canadians aged 18—64 reported trouble falling or staying asleep, with 20% getting less than 6 hours nightly.
- A 2023 National Sleep Foundation survey indicated that 65% of U.S. workers reported poor sleep quality due to work-related stress or irregular schedules.
- The Canadian Centre for Occupational Health and Safety (CCOHS) noted in 2023 that workplaces with sleep education programs reduced employee fatigue-related incidents by up to 15%.
- A 2022 Journal of Clinical Sleep Medicine study estimated that sleep deprivation cost U.S. employers \$411 billion annually due to productivity losses and absenteeism.
- A 2020 Canadian Medical Association Journal study found that 30% of Canadian adults with insomnia reported worsened mental health, linked to workplace stress

and poor sleep hygiene.