

# Mood Disorders Society of Canada

## The Sleep Health of Canadians – Report Key Highlights

### Sleep Issues

In the past two weeks...

- 81% felt tired or fatigued at least once
- 78% woken up too early and struggled to fall back to sleep at least once
- 6-7 hours per night Average amount of sleep time
- 55% experienced insomnia in the past year
- 64% Are worried or distressed about their current sleep problems
- Worry decreases with age:
  - 81% (16-29)
  - 73% (30-49)
  - 65% (50+)
- 1 in 4 Used prescription medication to help them sleep (27%)
- 66% of Canadians report they cannot shut off at night and not being able to sleep causes them worry and distress
- Think it had a positive impact on their...
  - 76% sleep
  - 57% mental health

### Mental Health

On average, mental health conditions ...

- Started at age 23
- Experienced for 18 years
- 20% have been diagnosed with a sleep disorder and 20% have a current diagnosis of a mental health disorder by a health professional
- At least half of respondents have experienced anxious behaviours in the past two weeks, which interfered with their daily functioning to varying degrees
- 20% have used prescription medication for their mental health
- Think it had a positive impact on their...
  - 83% mental health
  - 54% sleep

At least half of respondents have experienced anxious behaviours in the past two weeks, which interfered with their daily functioning to varying degrees

Feeling nervous, anxious, or on edge | Not able to stop or control worrying | Worried too much | Feeling easily annoyed or irritated | Trouble relaxing | Being easily annoyed or irritated

### Impacts of Sleep

- 86% are dissatisfied with their sleep pattern
- 77% think their sleep problem interfere with their daily functioning
- With the greatest impact on cognitive functions, household chores, and physical exercise
- 34% have missed time from work, school, or volunteering in past year due to sleep issues
- 8 days Missed on average
- Think sleep influences their...
  - Couple relationship 62%
  - Relationship with their child 49%

There is general recognition that insomnia and other sleep issues are considered serious medical conditions.

Physical exercise and sleep medication are seen as positively impacting sleep.

Sleep issues are seen as having important consequences on society, and there remains a need for increased public education.

74% are interested in learning more about sleep-related topics, notably sleep techniques, tools and therapies.

Visit [DepressionHurts.ca](https://DepressionHurts.ca) to Learn More!



## Sleep Wellness Guide

### Sleep Survey Report



### On the What Sleeping Better Feels Like page:

- Sleep Survey Report
- Sleep Wellness Guide
- Printable Resources
- How Sleep Works
- Sleep Support Links
- TikTok Sleep Videos

### Printable Resources

