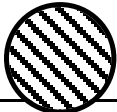


Sept 13, 2019

Sleep

Physical Activity

Warm-Up

In 2016 and 2017, % of Canadians reported they had been diagnosed by a health care professional with sleep apnea

How much sleep do you think you should you be getting each night??

Sleep ~8-10 hrs of sleep each night

- Vital to your well-being getting enough can help you be more alert, have more energy, to eat better and manage your stress
- Not getting enough can limit your ability to learn, listen, concentrate and solve problems. Can contribute to acne and other skin problems, lead to aggressiveness, inappropriateness and impatience and cause obesity.

Do you think you can sleep too much?
🌐

What can you do to ensure you are getting enough sleep?

Ways to improve your quality of sleep

- 1) Set and stick to a regular schedule, go to sleep and wake up at the same time even on weekends.
- 2) Exercise regularly (people who exercise went to sleep quicker, slept longer and had a more restful sleep compared to those who did not exercise)
- 3) Sleep at night do not take naps
- 4) Develop a relaxing bedtime routine i.e. reading a book before bed, taking a bath, listening to quiet music
- 5) Avoid caffeine at night