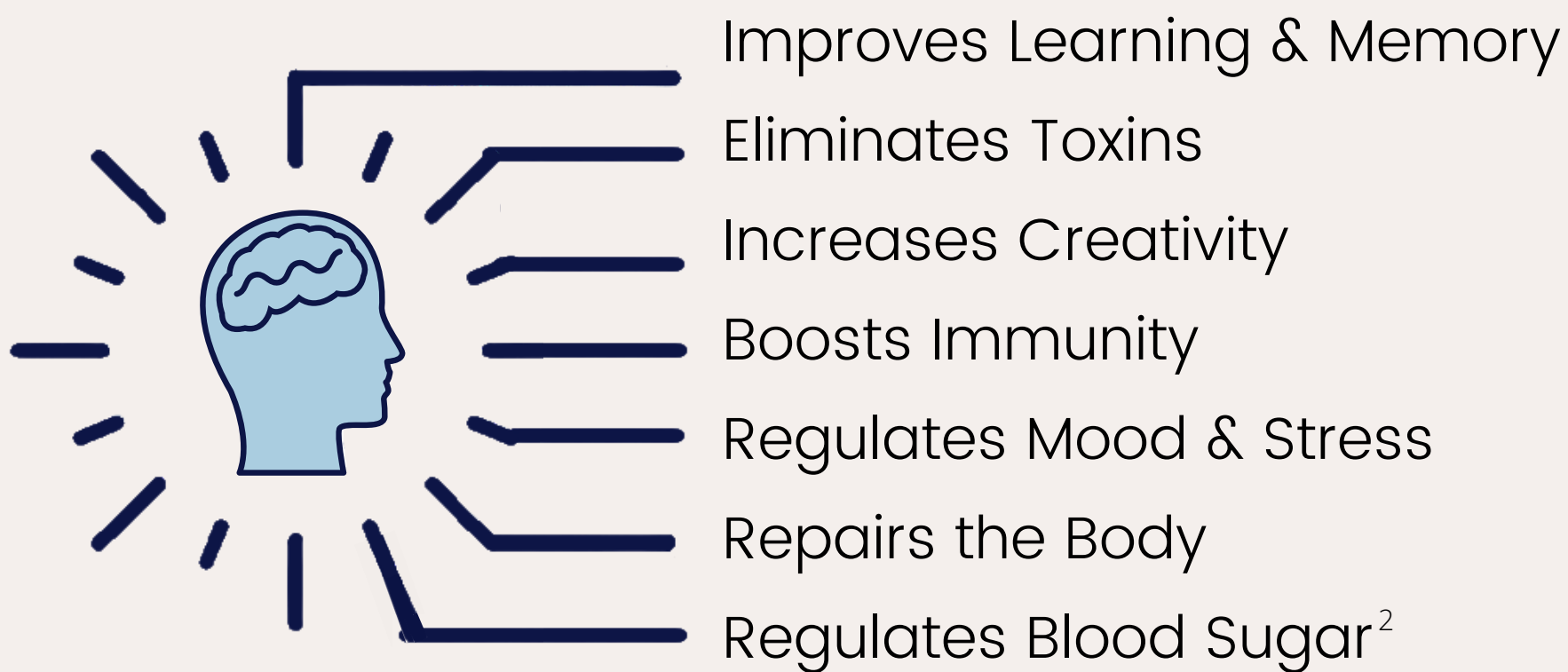


# About SLEEP

**1/3<sup>rd</sup>**  
of our lives is  
spent sleeping.

On average,<sup>1</sup>  
employees are  
**NOT GETTING  
ENOUGH  
SLEEP.**

## SLEEP BENEFITS YOUR BODY AND YOUR BRAIN



## NOT GETTING ENOUGH SLEEP CAN LEAD TO...

- Daytime Sleepiness
- Headaches
- Irritability & Stress
- Difficulty Focusing & Paying Attention
- Greater Likelihood of Making Unhealthy Food Choices<sup>3</sup>

**10-13%** of Canadians meet the criteria for Insomnia Disorder<sup>4</sup>  
(lasting sleep difficulties that cause distress & impairment).

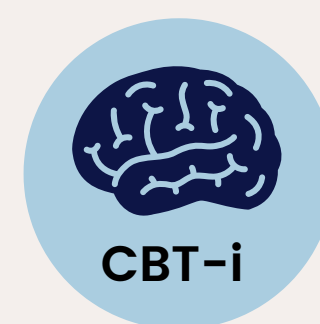
Insomnia (or consistent lack of sleep) can **increase our risk of long-term health problems** like anxiety, heart disease, depression, and diabetes.

At work, employees with Insomnia report that they<sup>5</sup>



## TREATMENT FOR SLEEP PROBLEMS

Can involve a combination of



Cognitive Behavioural  
Therapy for Insomnia

&



Medication

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



Mood Disorders Society of Canada  
La Société Pour Les Troubles de L'Humeur du Canada

[linktr.ee/mdsc](https://linktr.ee/mdsc)



(1) Desjardins Insurance Canada (2016). Pilot Projects Results: Making the Case for Sleep Health Programs. (2) Habert, J. (n.d.). The Impact of Insomnia and Sleep Deprivation in the Workplace (3) Sleep On It Canada (2019). Why Sleep (4) 17 Morin, C. M. 2020. The burden of insomnia disorders. Canadian Journal of Diagnosis. (5) Benefits Canada. Wake up to the Impact of Insomnia on the Workplace. 2017