



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

ARE YOU GETTING PROPER SLEEP?



10-13%

of Canadians meet the criteria for **Insomnia Disorder**¹
(lasting sleep difficulties that cause distress & impairment)

SHORT-TERM CONSEQUENCES OF POOR SLEEP CAN INCLUDE...



Daytime Sleepiness



Headaches



Irritability & Stress



Difficulty Focusing or Paying Attention



Greater Likelihood of Making Unhealthy Food Choices

Over time, sleep deprivation can increase our risk of long-term health problems like **anxiety, heart disease, depression** and **diabetes**.²

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



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