

# MAKING SLEEP COUNT FOR YOUTH

Sufficient duration and quality of sleep is important for good physical and mental health.

## SUFFICIENT SLEEP CONTRIBUTES TO:



HEALTHY GROWTH AND DEVELOPMENT



IMPROVED MOOD AND CONCENTRATION



BETTER ACADEMIC PERFORMANCE

### IN GRADE 6:

**47% OF BOYS**  
and  
**44% OF GIRLS**  
report they are **TIRED**  
when going to school  
in the morning

### IN GRADE 10:

**75% OF BOYS**  
and  
**62% OF GIRLS**  
report they are **TIRED**  
when going to school  
in the morning

Data are from the 2013/2014 Health Behaviour in School-aged Children (HBSC), a research study that aims to gain insight into youth health and well-being, and their social contexts.

## WAYS TO IMPROVE SLEEP<sup>1</sup>:



Practice relaxation and mindfulness-based stress reduction techniques

Avoid caffeine before bed, e.g. energy drinks, and coffee



Exercise regularly

Maintain a regular bedtime/waketime



Read our report *Health Behaviour in School-aged Children (HBSC) in Canada: Focus on Relationships* to learn more.

Visit [Canada.ca/Health](https://Canada.ca/Health) and search for HBSC.



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