



# Sleep Matters

The Impact of Sleep on Health & Wellbeing

February 2023

Monthly Newsletter

First Edition

## GETTING A GOOD NIGHT'S SLEEP

An ongoing **lack of sleep** or **poor-quality sleep** increases your risk of **health problems** such as cardiovascular disease, high blood pressure, diabetes, depression, and obesity.



They are also linked to **memory problems, forgetfulness, and more falls or accidents.**

Aim for **7-9 hours** of sleep each night.

HERE ARE SOME TIPS TO HELP:

Go to bed and wake up at the same time every day, even on weekends.



Find ways to relax before bedtime each night.



Avoid distractions such as cell phones, computers, and televisions in your bedroom.



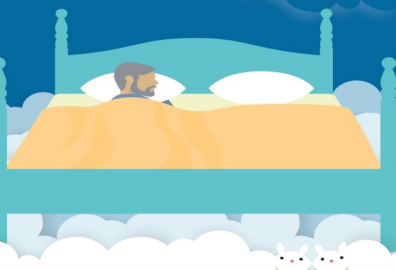
Don't eat large meals, or drink caffeine or alcohol late in the day.



Exercise at regular times each day, but not within 3 hours of your bedtime.



Avoid long naps (over 30 minutes) in the late afternoon or evening.



Visit <https://www.nia.nih.gov/health/good-nights-sleep> for more information about getting a good night's sleep.



## 4 Ways Sleep effects your mental health

Sleep and mood are closely connected; poor or inadequate sleep can cause irritability and stress, while healthy sleep can enhance well-being . Research indicates that:

1. Sleep impacts your mood
2. Sleep affects the way you think
3. Sleep influences your behaviours
4. Sleep impacts your body

*Click on the link below to learn more!*

Adapted from "[Canadian Mental Health Association](#)" on 1/10/23

## Dear Diary...

Understanding our sleep habits, is important to understanding our overall wellness. Try using a **sleep diary** to make an accurate assessment of how much you sleep and other factors associated with your sleep. This can help identify patterns and areas for improving sleep hygiene.

## What is the 'right' amount for me?

The Canadian 24-Hour Movement Guidelines for adults, infants, toddlers, preschoolers & children and youth released in October 2020, provide recommendations to achieve the right balance of physical activity, high-quality sedentary behaviour, and sufficient sleep

Learn about these specific guidelines [HERE](#)

## What is 'Sleep Hygiene'?

Good sleep habits (sometimes referred to as “sleep hygiene”) can help us get a good night’s sleep. The practices and habits we perform before sleep directly impact our quality of sleep .

Want to learn more about sleep hygiene? Click here for a [printable checklist](#) and [tips](#)

# Video Links

## Pre-School

[How to help your child get a good sleep](#)

## Children/Youth

[Why is sleep important?](#)

## Adult

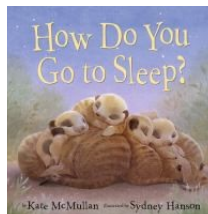
[Back to School Special: Sleep and Children](#)

[Healthy Sleep-Healthy Life Video Series](#)

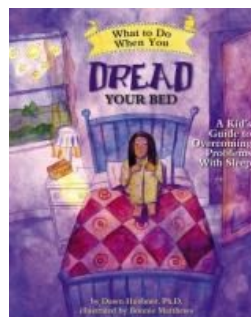
[What would happen if you didn't sleep? TED-Ed](#)

# Literature Links

## Children



## Adolescent



## Adult



**Did you know...** The blue light emitted from TVs, tablets, and other mobile devices suppresses the hormone melatonin and stimulates the brain, making it harder to get ready for sleep. Set a 'Screen Curfew' & keep such devices out of the bedroom and encourage screen free time at least an hour before sleep.

## Research

[Are Canadian children getting enough sleep?](#)

[Facts about sleep](#)

[Sleep Tips: 6 steps to better sleep](#)

[Are Canadian adults getting enough sleep?](#)

[Sleep tips for your family's mental health](#)

[Sleep for Children & Youth](#)

## Resources

Canadian Sleep Society  Société Canadienne du Sommeil



WELLNESS TOGETHER

**Canada**

Mental Health and  
Substance Use Support

PositivePsychology.com  
helping you help others

### Local Community

**Services, Programs and Resources**

services, programmes and resources

“Sleep is the single most effective thing we can do to reset our brain and body health each day ...” -Matthew Walker, PhD