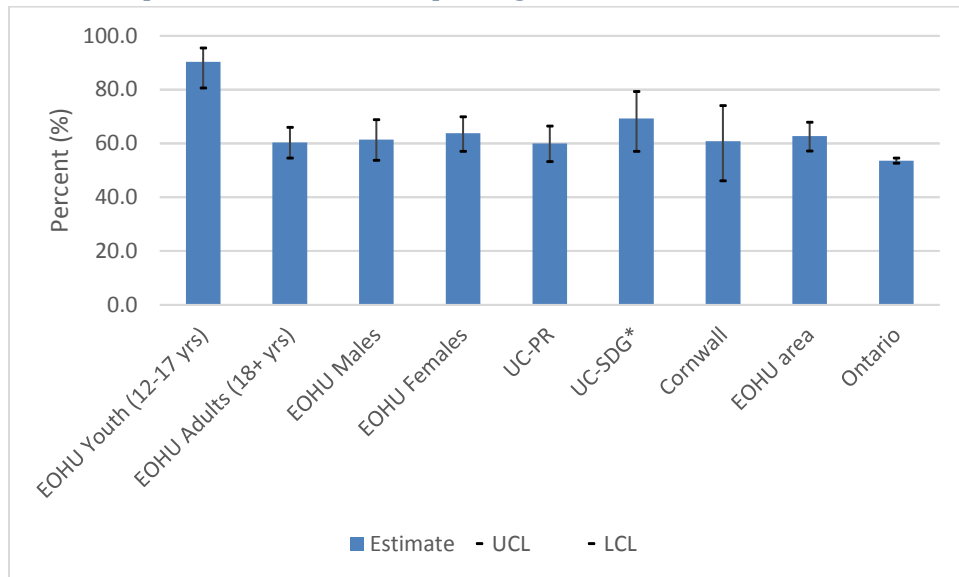


## Numbers of hours per night usually spent sleeping:

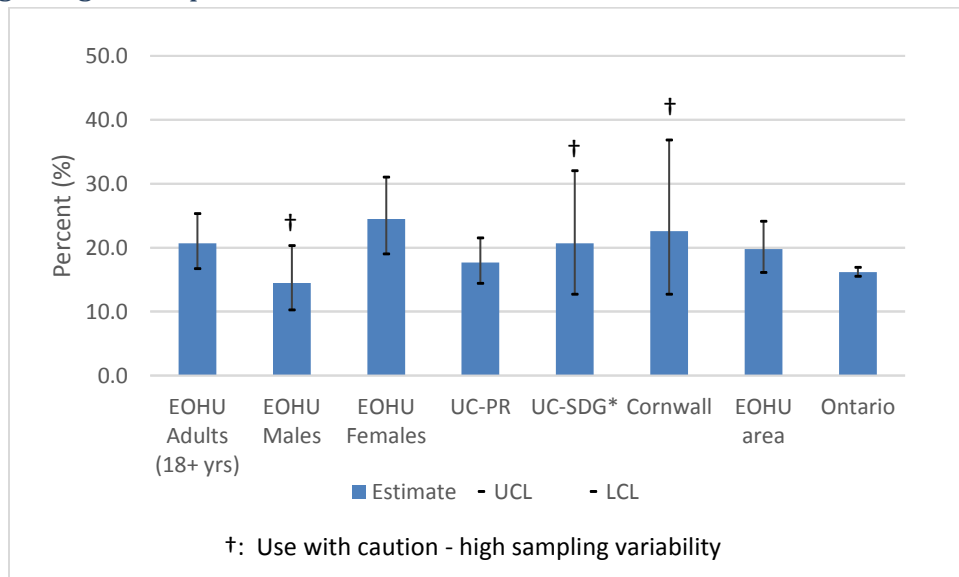
Usual nighttime sleep amount – 7+ hours per night



SOURCE: CANADIAN COMMUNITY HEALTH SURVEY [2015-16], STATISTICS CANADA, SHARE FILE, ONTARIO MINISTRY OF HEALTH AND LONG-TERM CARE.

## Trouble going to sleep or staying asleep:

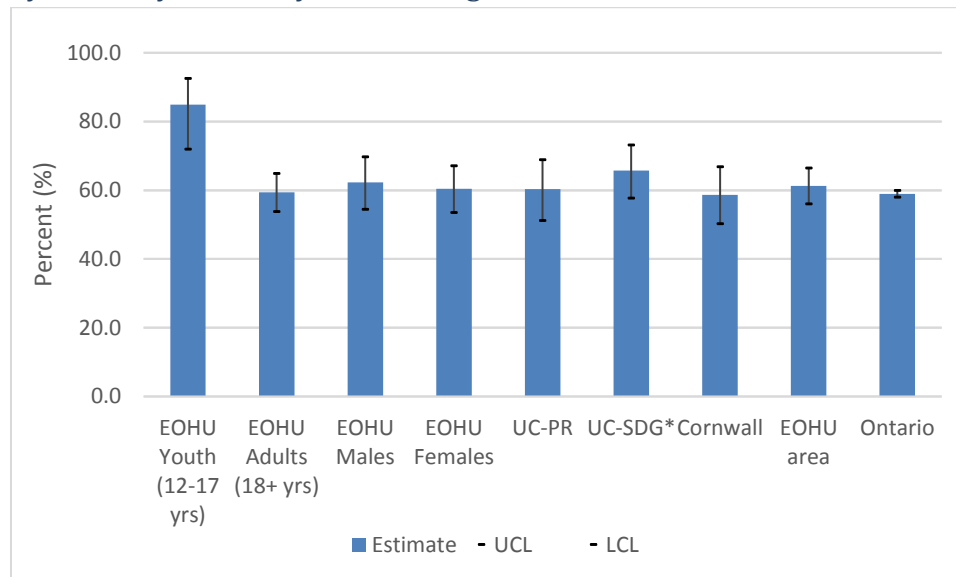
Difficulty getting to sleep – ‘most’ or ‘all’ of the time



SOURCE: CANADIAN COMMUNITY HEALTH SURVEY [2015-16], STATISTICS CANADA, SHARE FILE, ONTARIO MINISTRY OF HEALTH AND LONG-TERM CARE.

## Refreshing sleep:

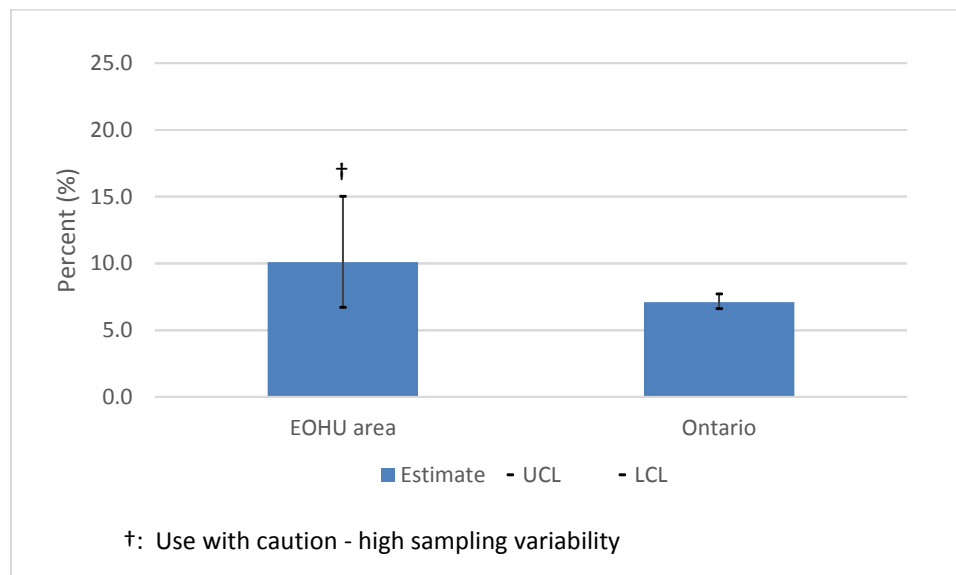
Sleep quality – ‘mostly’ or ‘always’ refreshing



SOURCE: CANADIAN COMMUNITY HEALTH SURVEY [2015-16], STATISTICS CANADA, SHARE FILE, ONTARIO MINISTRY OF HEALTH AND LONG-TERM CARE.

## Difficulty staying awake – frequency:

Drowsiness – ‘most’ or ‘all’ of the time



SOURCE: CANADIAN COMMUNITY HEALTH SURVEY [2015-16], STATISTICS CANADA, SHARE FILE, ONTARIO MINISTRY OF HEALTH AND LONG-TERM CARE.