



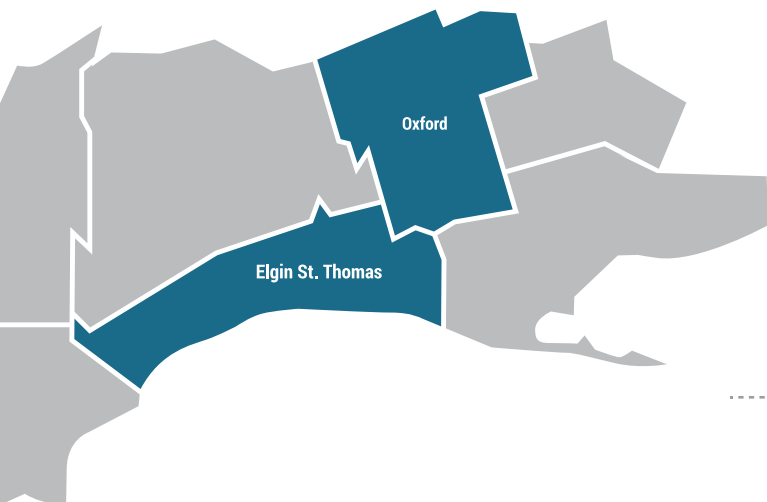
sleep

as a **Public Health** priority

The 2015-2016 Canadian Community Health Survey (CCHS) asked participants about 4 sleep behaviours:

trouble going to sleep or staying asleep	refreshing sleep
sleep duration	difficulty staying awake when wanting to

The National Sleep Foundation recommends that adults sleep



50% of residents in Oxford, Elgin and St. Thomas get less than the recommended hours of sleep.

WOMEN in Oxford, Elgin and St. Thomas are more likely than **MEN** to have trouble going to sleep or staying asleep:



Residents with a household income under \$40,000 (before taxes) were more likely to have trouble going to sleep or staying asleep compared to all other higher income groups.

To read the complete report, visit www.swpublichealth.ca/reports

For information about population health evidence, email healthevidence@swpublichealth.ca