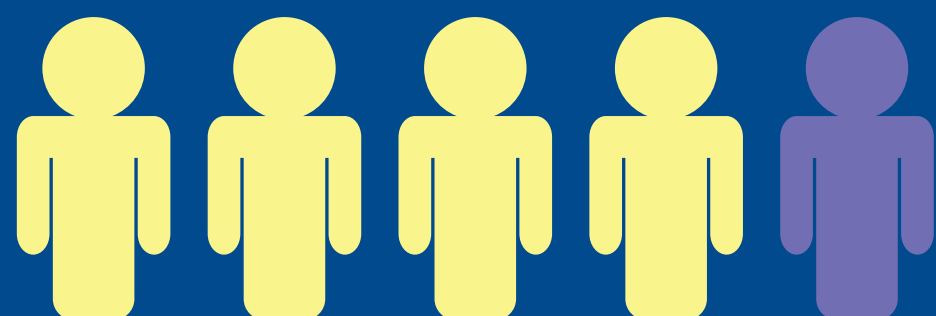
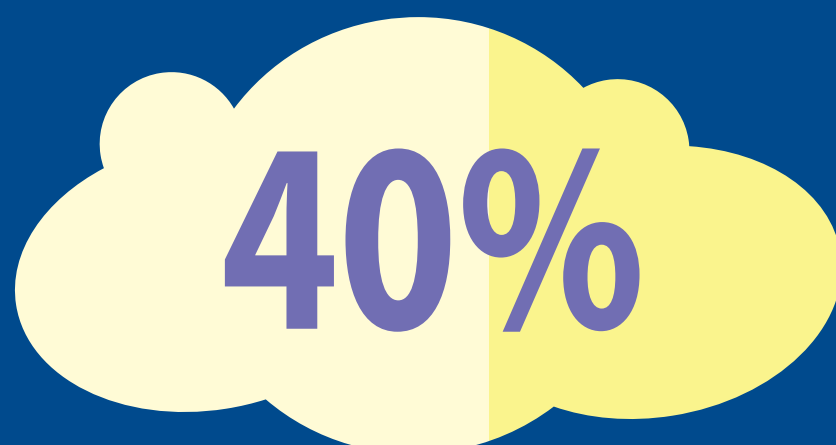


# Sweet Dreams



1 in 5 Canadians are unsatisfied with the quality of their sleep.

Universite Laval. 2011



40% of Canadians are affected by sleep disorders.

Universite Laval. 2011



10 to 15% Canadians affected by clinical depression often associated with sleep problems. Canadian Sleep Society. 2005

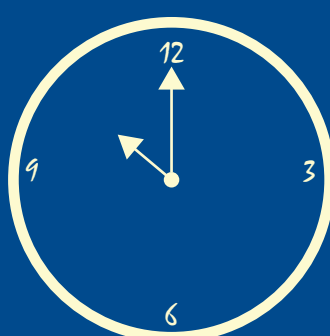
## 8 Steps to better Sleep



Implement a relaxing bedtime routine



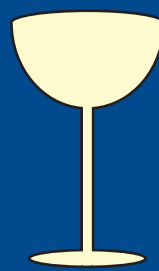
Remove distractions from your sleep environment



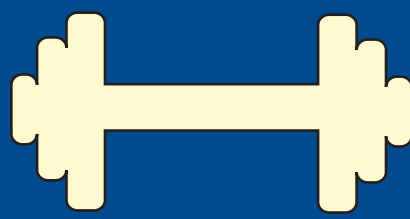
Go to bed at the same time each day



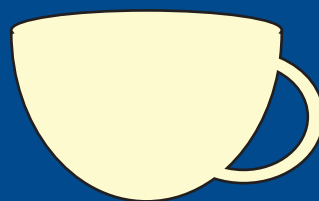
Avoid large meals before bed



Avoid alcohol before bed



Exercise regularly



Avoid stimulants such as caffeine after 2 pm

# #1

Make sleep a priority

