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Lack of sleep can make you grumpy and foggy, and worse – it can seriously affect your overall state of health. While experts recommend a solid eight hours, 30 per cent of Canadian adults report getting six hours or less sleep a night. Longer work hours connected to the 24-hour global economy, being tuned into technological devices at all times or shift work all affect sleep habits. Consequently, education surrounding sleep hygiene and the importance of identifying and mitigating the causes of sleep disruption can assist sleep-deprived individuals to achieve better sleep habits.



**GOING LIVE IN PRINT AND ONLINE:**  
APRIL 13, 2017

**GET INVOLVED BY:**  
MARCH 2, 2017

**MATERIALS DUE:**  
APRIL 6, 2017

### Proposed editorial highlights:

**DEALING WITH DISRUPTIONS.** We explore sleep strategies for those with non-traditional work schedules or other sleep disruptions.

**HEALTHY HABITS.** Practicing good sleep hygiene is a key factor in achieving regular, high quality nighttime sleep.

**INNOVATION.** What new approaches and technology can be useful for Canadians coping with insomnia?

**SLEEP AIDS.** We ask experts about the effectiveness of various remedies for certain sleep disorders.

**SETTING THE STAGE.** From your bedroom environment to pillows, blankets, mattresses and lighting, what are some of the things you can do to improve your chances for a good night's sleep?

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**3.6 million**

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# SLEEP



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