



WORLD SLEEP DAY

These staggering facts should have everyone starting conversations at work, play, school and home about the importance of sleep. The current culture that glorifies productivity at the cost of the biological necessity of sleep needs to end.

For more great information, check out <https://worldsleepday.org> and let everyone know:

Today is World Sleep Day!

70%
UP TO



The increase in risk of injury when young athletes get less than eight hours of sleep.

\$21.4
BILLION



The economic cost per year of insufficient sleep among Canada's working population.

1
NIGHT



The number of nights of poor-quality sleep it takes to negatively impact : memory recall, attention span, learning ability.

2.5
HOURS



The average time spent on sleep education reported in a 2011 study of 409 medical schools, across 12 countries.

80
THOUSAND



The number of working days lost in Canada due to sleep deprivation.

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World Sleep Day

March 19, 2021

SOURCES:

<https://www.rand.org/randeurope/research/projects/the-value-of-the-sleep-economy.html>

<https://worldsleepday.org/sleep-research>



World Sleep Day is an annual event, intended to be a celebration of sleep and a call to action on important issues related to sleep, including medicine, education, social aspects and driving. It is organized by the World Sleep Day Committee of the World Sleep Society and aims to lessen the burden of sleep problems on society through better prevention and management of sleep disorders.



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As one of Canada's top Sleep & Fatigue Specialists, Clinton takes the latest in fatigue science and turns it into practical, implementable solutions that reduce the risk of fatigue and propel the health, safety and productivity of your 24/7 workforce towards excellence.