Joshua Oosterman

The Sleep Epidemic

04:00

Candians Have 7
Insomnia

858,900

Candians

Have Sleep Apnea

Increase Chance of a Stroke ~30% Increase Chance of **Coronary Heart Disease** Of Canadians Age Increase Chance of 18-65 Are Sleep Developing Type 2 **Diabetes Deprived** Reported being chronically depressed Involved in Car/Vehicle Accidents

Reference to Source of Statistics

Bush, O. (2024, March 13). Sleep statistics in Canada. Made in CA. https://madeinca.ca/sleep-canada-statistics/