

YOUTH HEALTH TRENDS IN ONTARIO

SLEEP



This infographic is informed by data from the COMPASS study. The prospective cohort study (started in 2012/13) tracks secondary school students in Canada to understand the onset and progression of various health behaviours and outcomes among youth to support school-based prevention.

For more information, please visit uwaterloo.ca/compass-system/

With COVID-19 public health measures (including school closures) in March 2020, online surveys were used to collect data, leading to lower student participation compared to previous years.

Note: Unless otherwise stated, data in this infographic are for the 2021/22 school year.



Are Youth Meeting the Sleep Guidelines?



of 12-17 year olds report sleeping **LESS THAN 8 hours** per night

Current sleep guidelines for youth:



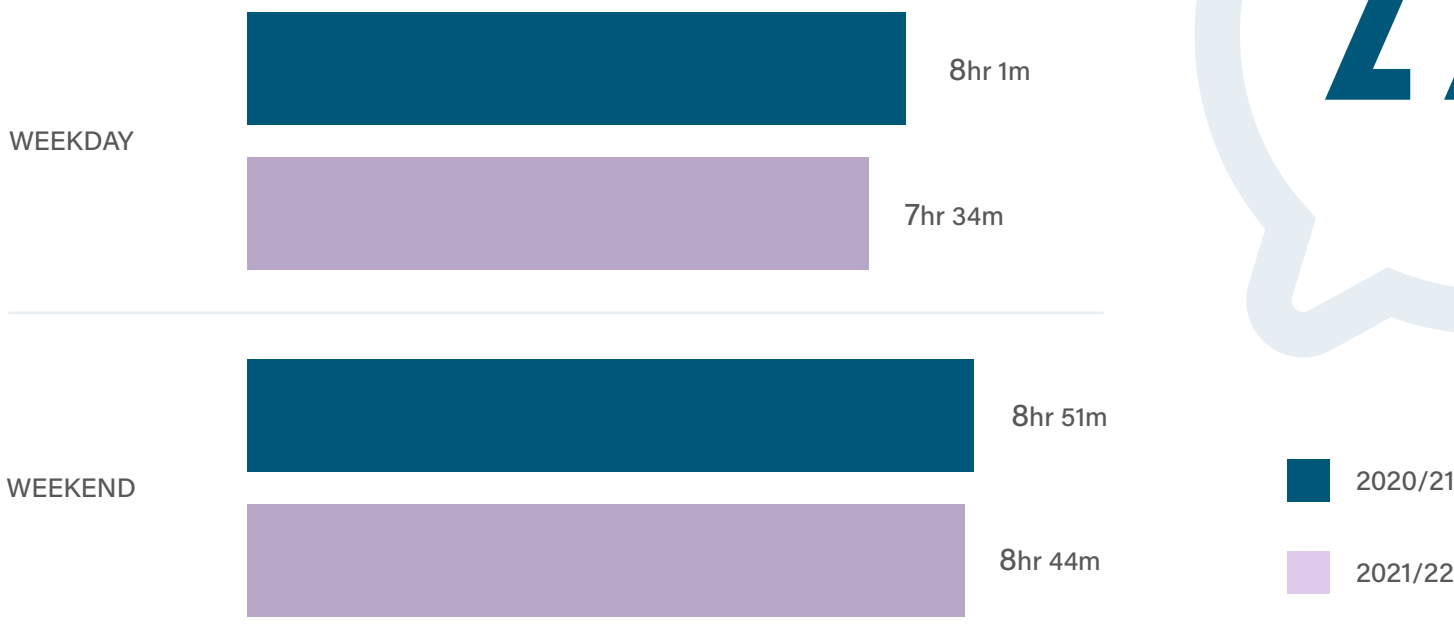
9-11 HOURS of sleep/night
5-13 years old



8-10 HOURS of sleep/night
14-17 years old

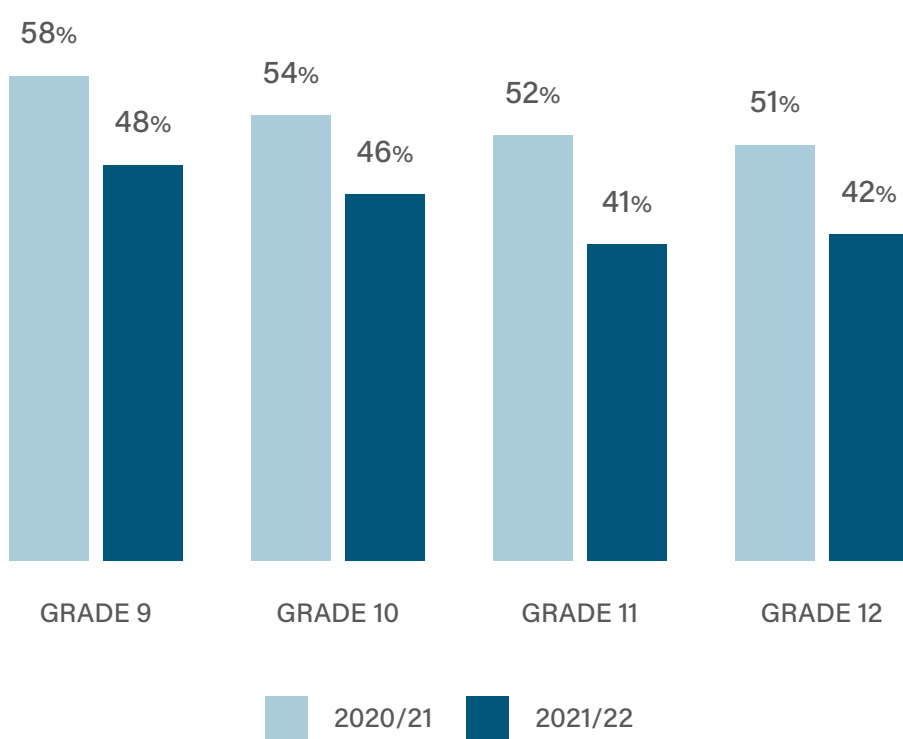
with consistent bed and wake-up times

Average Sleep in Hours

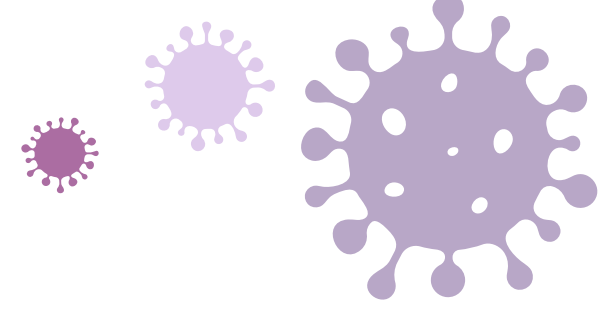


ZZZ

Percentage of students meeting the guidelines



During the early months of COVID-19



1 in 2 students

reported longer sleep duration, possibly linked to virtual learning

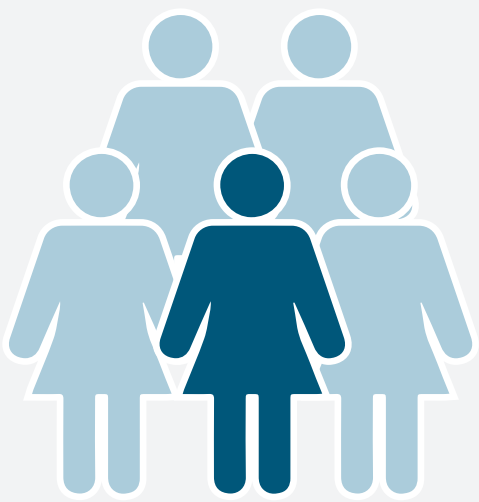
What Quality of Sleep are Youth Getting?



More than **1 in 4 students**

Report poor sleep quality

Students report experiencing restless sleep almost every night



1 in 5 Females

compared to



1 in 10 Males

What Might Be Impacting Sleep?



World Events

1 in 7

students reported that thinking about climate change had an impact on their sleep.



Screen Time

98% of students

exceed the **2 hours per day** screen time guideline. (not including homework)

Physical Activity

50% of students

DO NOT meet the guidelines of at least **60 minutes** of physical activity per day.



Mental Health

Students report feeling symptoms of:

Depression 50%

Anxiety 41%



Time Demands

Homework 1.5 hours / day

Early school start time

