

## Clear Health Update

Sleep plays a fundamental role in the effective functioning of [nearly all systems of the body](#), so a persistent lack of sleep creates significant risks to physical and mental health. Are you getting enough?!?

The Public Health Agency of Canada recommends the following sleep times:

- Toddlers: 11-14 hours a night
- Preschoolers: 10-13 hours a night
- School-aged children: 9-11 hours a night
- Teens: 8-10 hours a night
- Adults: 7-9 hours a night



Here is our “Wellness Wednesday” tip of the week.

# Don't skimp on sleep.

Your mind and body  
both need time to rest.



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Canadian Mental  
Health Association  
Mental health for all