



Sleep Better, Feel Better:

# A Simple Guide to Healthier Sleep

# Rest, Restore, Repeat

Practical tips, science-backed insights, and a weekly sleep tracker to help you wake up more refreshed.

Sleep is not “just rest.” While you’re sleeping, your brain and body cycle through different stages that support memory, mood, immune function, and heart health. When sleep is cut short or disrupted, you might get through the day — but your health, safety, and productivity can slowly pay the price.

## This mini-guide gives you:

- A quick overview of why sleep matters
- Simple steps to improve your sleep tonight
- A one-week sleep tracker to help you notice patterns

*Small changes can make a big difference.*

## Research shows:

- Sleeping **≤6 hours** makes people **2.5×** more likely to experience frequent mental distress<sup>1</sup>.
- Insufficient sleep (**<6h sleep**) is associated with an increased risk of developing type 2 diabetes and heart disease<sup>2</sup>.
- In Canada, **40.96%** of adults report getting **less than 7 hours of sleep**, and **48.38%** report **trouble sleeping**<sup>3</sup>.

1. Blackwelder A, Hoskins M, Huber L. Effect of Inadequate Sleep on Frequent Mental Distress. Prev Chronic Dis 2021  
2. Chaput et al, Routinely assessing patients' sleep health is time well spent, Prev Med Reports, 2019  
3. Shahid A, et al. Association Between Sleep Duration and Self-Rated Health Among Canadian Adults. Available at: <https://pmc.ncbi.nlm.nih.gov/articles/PMC12483862/#:~:text=Among%20Canadian%20adults%2C%2040.96%25%20reported,had%20Fair%20or%20Poor%20SRH>

# Why Sleep Matters & Signs It's a Problem

Sleep is regulated by your circadian rhythm — a 24-hour internal clock that synchronizes your sleep-wake patterns with light, activity, and daily routines. Every person also has a natural chronotype (natural sleep-wake pattern), which influences the ideal timing of sleep, energy peaks, and wind-down periods.

Understanding your chronotype helps you align habits — wake-times, meal timing, caffeine cutoffs, and wind-down routines — with your biological rhythm for better sleep.

## Common Chronotypes

### Early-day

Wake easily and most alert earlier in the day.

### Steady-rhythm

Feel best with a consistent daily rhythm.

### Later-day

More energetic later in the day and naturally fall asleep later.

### Light-sleep

Sleep lightly and wake more easily from noise, lights, or stress.

## What happens when you sleep?

During a typical night, your body moves through several 90-minute cycles of: light sleep, deep sleep, and REM (dream) sleep.

Each stage plays a role:

- **Light sleep** helps you transition into deeper rest.
- **Deep sleep** supports physical recovery, immune function, and heart health.
- **REM sleep** supports memory, learning, and emotional processing.

When these cycles are repeatedly interrupted, from stress, snoring, breathing pauses, or an irregular schedule, you may wake up feeling unrefreshed, even if you were “in bed” for 7–9 hours.

# The Ripple Effect of Poor Sleep

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Poor sleep means your sleep isn't deep, continuous, or refreshed enough to support how you feel and function during the day.

It often causes:

- Low mood and irritability.
- Difficulty concentrating or remembering things.
- Increased risk of motor-vehicle and workplace incidents.
- Chronic health conditions.

**According to ResMed Global Sleep Survey:**

- People average **7 hours of sleep** yet **experience only four nights of good sleep per week.**
- Nearly **one-third** have trouble falling (34%) or staying asleep (29%) three or more times per week.

## Why This Matters Especially for Women

Menopausal-related sleep disorders affect **51% of women**, making fragmented sleep, night sweats, temperature instability, and early morning awakenings extremely common<sup>4</sup>.

These hormonal shifts also influence circadian timing, meaning women may experience more noticeable rhythm disruptions during peri- and post-menopause.

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4. Salari N, Hasheminezhad R, Hosseini-Far A, Rasoulpoor S, Assefi M, Nankali S, Nankali A, Mohammadi M. Global prevalence of sleep disorders during menopause: a metaanalysis. *Sleep Breath*. 2023 Oct;27(5):1883-1897

# Is Your Sleep Working for You?

## Quick Self-Check

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You don't need a complicated assessment to notice when sleep might be an issue. Pay attention to your daily circadian windows (key times throughout the day when your body naturally shifts energy, focus, hunger, and alertness).

Ask yourself:

- Do I regularly take longer than 30 minutes to fall asleep?
- Do I wake up often at night and struggle to get back to sleep?
- Do I snore loudly, or has anyone noticed that I gasp or stop breathing in my sleep?
- Do I wake with headaches, a dry mouth, or feel unrefreshed?
- Do I feel sleepy, foggy, or irritable during the day, even after what should be "enough" sleep?
- Do I feel tired, foggy, or irritable during the day, even after getting enough sleep?

 If several of these feel familiar, especially for weeks or months, it's a good reason to discuss your sleep with a **Resolve Sleep Health clinician** and ask whether a **sleep test** or further screening is right for you.

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# Build Your Sleep-Friendly Routine

Your brain and body need clear cues that it's time to slow down. The goal is to create evening habits and environments that support your natural circadian rhythm and make it easier to unwind.

## Quick Tips for Restful Nights

- 1 BEDTIME**  
Stick to a consistent bedtime and routine.
- 2 LIGHTING**  
Use soft, warm lighting in the evening and avoid bright overhead lights to create a calming environment.
- 3 TECH-FREE**  
Create a calm and tech-free space for sleeping.
- 4 DEVICES**  
Power down devices at least 30–60 minutes before bedtime or use blue-light filters/night mode if you must use them.
- 5 RITUALS**  
Embrace relaxing rituals like reading or gentle stretches.
- 6 TEMPERATURE**  
Aim for a bedroom temperature around 60–67°F (15–19°C). Lightweight bedding and breathable fabrics can help regulate body heat.
- 7 AVOID**  
Avoid consuming caffeine and heavy meals in the evening.
- 8 NOISE**  
Use white noise machines, a fan, or calming sound apps to mask disruptive sounds. Earplugs can also help if external noise is unavoidable.

## When Good Sleep Habits Aren't Enough

Sometimes, even with a solid routine, people still struggle with persistent tiredness or disrupted sleep. Common issues can include trouble falling or staying asleep, waking up too early, or experiencing loud snoring, choking, or gasping during the night. You may also feel unusually sleepy during the day, which can affect your work, relationships, or safety.

In these cases, it's important to **talk to our sleep clinicians** about your concerns. Ask whether you should be screened for conditions like **insomnia** or **obstructive sleep apnea** and discuss if a sleep test might be appropriate.

# One-Week Sleep Tracker

## How to use this?

For the next 7 days, jot down a few quick notes about your sleep. The goal isn't perfection — it's simply to notice patterns between your habits and how you feel the next day.

## Instructions:

- Bedtime
- What time you think you fell asleep
- Night awakenings
- Time you woke up for the day
- How rested you feel (0–10)
- Notes (e.g., caffeine, stress)

Day	Bedtime	Fell asleep around	Night awakenings	Wake up time	Rested (0-10)	Notes
Mon	10:45 pm	11:15 pm	2	6:30 am	5	Scrolled on phone in bed; coffee at 4 pm
Tue						
Wed						
Thurs						
Fri						
Sat						
Sun						

## You deserve better sleep.

Sleep is a powerful pillar of health. Use this guide to try small changes, notice what helps, and seek support when needed. Better nights lead to better days.



# How We Support Better Sleep

Together with our 145 family of clinics, we are committed to delivering the best patient experience and care.

**Resolve sleep health clinicians** can provide:

- ✓ **Education and tools** to help you understand your sleep
- ✓ Offer **screening** for insomnia and obstructive sleep apnea
- ✓ Coordinate referrals
- ✓ Home Sleep Apnea Test (HSAT)
- ✓ Discuss **practical treatment options**, such as positive airway pressure (PAP) therapy or oral appliance therapy (OAT)
- ✓ **Therapy options**, such as Cognitive Behavioral Therapy for Insomnia (CBTI)

**MEMBER RESOLVE sleep health CLINIC**

BC ALBERTA SASK. ONTARIO QUEBEC ATLANTIC

Partner Clinics:

- AW Sleep
- Clinical Sleep
- Coastal Sleep
- ISLAND CPAP
- OXYLIFE SLEEP APNEA CLINIC
- AVEIRO SLEEP
- CRC
- Chinook Respiratory Care
- FreshAir
- Sleep Medix
- Sleep THERAPEUTICS
- Perkland CPAP Services INC.
- Advacare
- CPAP
- SMG
- Complete Respiratory Care
- HLS
- SAS
- complets
- Breathe Well
- the snore shop
- Sleep THERAPEUTICS