

# Sleep disorders affect 40 percent of Canadians

September 8 2011

---

Sleep disorders affect 40% of adult Canadians according to a study conducted by Université Laval researchers under the supervision of Dr. Charles M. Morin. The work of Dr. Morin and his colleagues will be presented at the 4th World Congress on Sleep Medicine which runs September 10-14 in Quebec City, Canada.

Dr. Morin's team surveyed a sample of 2,000 people across the country to draw a portrait of Canadians' [sleep](#) quality.

Their data revealed that 40% of respondents had experienced one or more symptoms of [insomnia](#) at least three times a week in the preceding month, i.e., taking more than 30 minutes to fall asleep, being awake for periods longer than 30 minutes during the night, or waking up at least 30 minutes before they had planned. Moreover, 20% of the participants said they were unsatisfied with the quality of their sleep, and 13.4% of respondents displayed all the symptoms required to diagnose insomnia.

Although many respondents experienced at least one symptom of insomnia, only 13% said they had consulted a healthcare professional about it. The survey data revealed that [Canadians](#) use prescription medicine (10%), natural products (9%), over-the-counter drugs (7%), or alcohol (5%) to treat their sleep problems.

Surprisingly, the researchers observed that 9.5% of French speakers suffered from insomnia compared to 14.3% of English speakers. However, French speakers take more prescribed sedatives (13% vs. 9%)

and natural products (16% vs. 7%) than English-speaking Canadians.

"Many people who suffer from insomnia try to treat the problem themselves rather than consulting a healthcare professional," said Dr. Morin, a professor and researcher at Université Laval's School of Psychology. "This is not a good idea because we don't know the risks and benefits of products that have not been approved by government health agencies," he explained.

Provided by Universite Laval

Citation: Sleep disorders affect 40 percent of Canadians (2011, September 8) retrieved 24 April 2024 from <https://medicalxpress.com/news/2011-09-disorders-affect-percent-canadians.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.