

# When I don't sleep enough...



## Poor mental health

I am more likely to feel **anxious** or **depressed**, to have **mood disorders**, and to recall **gloomy memories** rather than pleasant ones.

## Unhealthy weights

My body experiences hormonal changes, which can contribute to **weight gain, diabetes** and **hypertension**.

## Injuries

I become **less attentive and alert**, and I can be more **impulsive**. This increases my risk of **accidents** and being **injured**.

## Tobacco use

I have more difficulty managing **stress**, which means I'm more likely to use **tobacco or other substances**.



In New Brunswick, **more than 6 in 10 youth** sleep less than 8 hours per night.

Recommended sleep:

Ages 5 to 13	9 to 11 hours
Ages 14 to 17	8 to 10 hours

See Health Canada's healthy sleep infographic at: <https://bit.ly/2QTpEY0>