



Methodology:

Results are based on an online survey conducted from May 4 to May 6, 2025, among 1,001 adults in Canada. The data has been statistically weighted according to census figures for age, gender and region in Canada. The margin of error—which measures sample variability—is +/- 3.1 percentage points, nineteen times out of twenty.

Over the past month, did worrying about any of the following issues make it harder for you to fall asleep at night?

Money / Financial matters – 47% (-3)
Health – 29% (-4)
Relationships / Family – 28% (-5)
Work – 24% (-4)
Canadian Politics / Issues – 22% (+12)
International Politics / Issues – 20% (+10)
None of these – 25% (-1)

Few Canadians Are Meeting the Recommended Sleep Guidelines

The proportion of Canadians who have lost sleep over domestic and international politics had doubled since 2022.

Vancouver, BC [May 15, 2025] – The sleep patterns of most Canadians have not gone through a major fluctuation over the past couple of years, a new Research Co. poll has found.

Health Canada guidelines recommend sleeping from 7 to 9 hours a night. In the online survey of a representative national sample, 35% of Canadians report sleeping anywhere from 7 to 9 hours on a typical weekday or workday, unchanged since a similar Research Co. poll [conducted in November 2022](#).

At least a third of Canadians who reside in Ontario (39%), Saskatchewan and Manitoba (also 39%), Atlantic Canada (35%) and British Columbia (34%) meet Health Canada's recommended sleep guidelines on weekdays. The proportions are lower in Quebec (32%) and Alberta (28%).

More than two-in-five Canadians (45%, +2) sleep anywhere from 7 to 9 hours on a typical weekend or non-workday.

"Almost half of Canadians aged 35-to-54 and aged 55 and over (46% each) are able to sleep from 7 to 9 hours on weekends," says Mario Canseco, President of Research Co. "The proportion drops to 41% among their counterparts aged 18-to-34."

Three-in-five Canadians (75%, -1) say they wake up "well rested" after a typical night's sleep on a weekend or non-workday, while seven-in-ten (70%, +1) feel the same way after a typical night's sleep on a weekday or workday.

About one-in-four Canadians (24%) claim to "never" find it hard to fall asleep at night on an average week. While just over a third of Canadians (35%) find it hard to fall asleep "1 or 2 days" a week, fewer face this scenario for "3 or 4 days" (23%) or "5 to 7 days" (19%).

Fewer than one-in-ten Albertans (9%) say they never find it hard to fall asleep at night. The proportions are markedly higher in Saskatchewan and Manitoba (19%), Ontario (20%), British Columbia (27%), Atlantic Canada (also 27%) and Quebec (28%).

One-in-four Canadians (25%, -1) say no issue made it harder for them to fall asleep at night over the past month. Almost half say money and financial matters (47%, -3) negatively affected their sleep patterns.



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Fewer Canadians say worrying about five other issues made it harder for them to fall asleep at night: health (29%, -4), relationships and family (28%, -5), work (24%, -4), Canadian politics (22%, +12) and international politics (20%, +10).

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About Research Co.

Simply put, we are curious about what people think and the decisions they will make. Some call it public opinion, others call it polling or public affairs. We never compromise facts for profit. Our agenda is the truth.

We have a global network of partners in the qualitative, data collection and data visualization specialities.

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