

# Sleep Health Toolkit

On an average night, millions of North Americans have trouble falling asleep or staying asleep. Sleep difficulties can take a toll on your health and wellbeing, especially if they persist. People who are sleep-deprived are more likely to experience poor concentration and irritability, have accidents, and even suffer from depression, according to the Division of Sleep Medicine at Harvard Medical School. If you would like to improve your sleep habits, this toolkit can help.

## How awake are you?

Let's begin with a 5-minute "road test" to help you determine how alert and awake you are. This virtual road test was developed by the Division of Sleep Medicine at Harvard Medical School. You may find it illuminating.

[How awake are you?](#)

## Sleep facts

Now it's time for a little homework. Pick and choose from the resources below to learn more about what you can do improve your sleep habits.

## Articles and infographics

- [Aging and Sleep](#)
- [Getting a Good Night's Sleep](#)
- [Getting a Good Night's Sleep](#) infographic
- [Handling Your Shift or Night Work Schedule](#)

## Podcasts

- [Sleep Health Tips](#)

## Finding help

Experts agree that most adults need between 7 and 8 hours of sleep a night on a regular basis to function at their best. Some people need more than that, especially if they have health conditions. Many sleep problems are temporary and go away on their own. Others result from physical or emotional health conditions that require medical help. If you have sleep problems that last longer than a week, see your health care provider. A doctor can help you identify and treat the problem so you can get the rest you need to do your best every day. Your organization's assistance program can also provide you with resources.

© TELUS Health 2025



TELUS Health  
Wellbeing Experts