The Alberta Survey on Physical Activity has reported on adult physical activity status and determinants of physical activity in the province since 1993. In 2019, sleep behaviour was examined. The main findings and recommendations are included in this infographic. See the full report for details.

Active living is a way of life that incorporates a combination of:
- 150 minutes of moderate-to-vigorous physical activity weekly,
- incidental physical activity every hour, and
- low levels of sedentary behaviour during waking hours.

Sleep Recommendations
- Adults, 18 to 64 years, of age should achieve 7 to 9 hours of sleep.
- Adults ≥ 65 years should achieve 7 to 8 hours of sleep.

Building Healthy Sleep Habits
- Make time for sleep.
- Maintain a regular sleep schedule.
- Limit distractions including light and sound.
- Avoid electronic devices at least 30 minutes before bed.
- Engage in regular physical activity mid-day or late afternoon to avoid sleep disruptions.
- Keep track of sleep patterns.

Full report available at www.centre4activeliving.ca