

# THE SLEEP WELL CONTEST

After reading the *Sleep Well Newsletter* and *Personal Health Guide*, complete Part 1 and 2 of the contest and enter the ballot for your chance to win!

**Participate Today!**

## part one

From the list below, check the tips that **HELP** you to sleep.

- Eat a big meal before bed.
- Close bedroom windows to reduce noise.
- Watch TV in bed.
- Keep a family calendar to manage time.
- Have a caffeinated drink right before bed.

## part two

Draw a line from the statement on the left to the correct word or number on the right.

### Statements:

- This machine helps keep your airway open throughout the night.
- The percentage of Canadians who get less than 6.5 hours of sleep a night.
- This is a hormone your body releases during sleep which reduces your appetite.
- How long caffeine can stay in your system.
- This is a hormone that helps your body store glucose (a sugar your body uses for energy).
- The number of hours of sleep a typical adult should get each night.
- The number of Canadians who die each year in motor vehicle collisions due to sleepy driving.
- The percentage of Canadians who occasionally snore.

### Words/numbers:

- 400
- Continuous Positive Airway Pressure (CPAP)
- Eight hours
- 15%
- Insulin
- Leptin
- 50%
- Seven to nine hours



Sleep Well Newsletter



Personal Health Guide

Once you have completed the contest, place the entry form in the ballot box at work.

One entry per person.  
See ballot box for prize details.

Name: \_\_\_\_\_

Department: \_\_\_\_\_

Phone: \_\_\_\_\_

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