

A photograph of a person sleeping in a bed. The room has floral wallpaper and a bedside lamp. The person is covered with a blanket and resting their head on a patterned pillow.

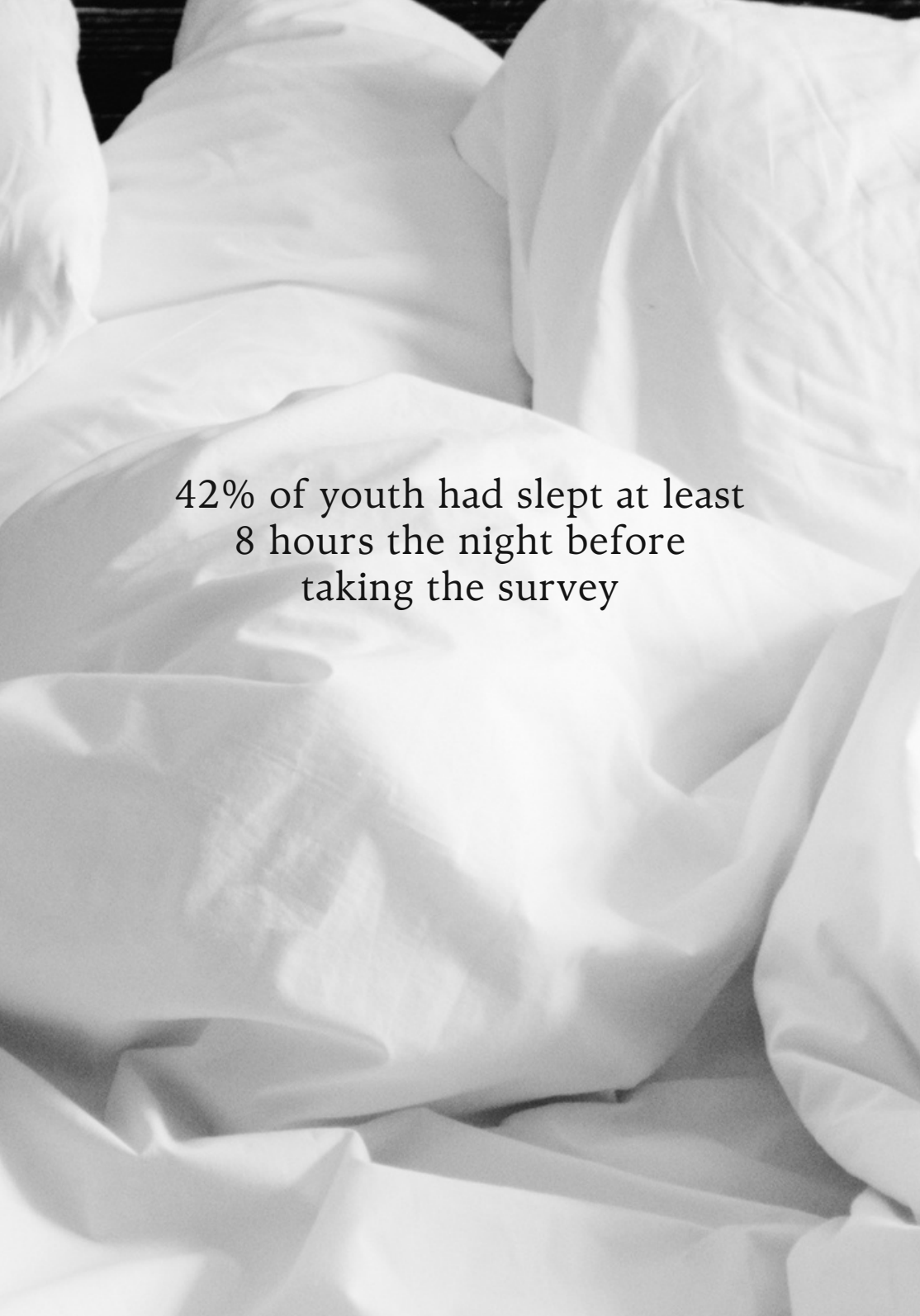
Sleep.

A product of the 2023 BC AHS



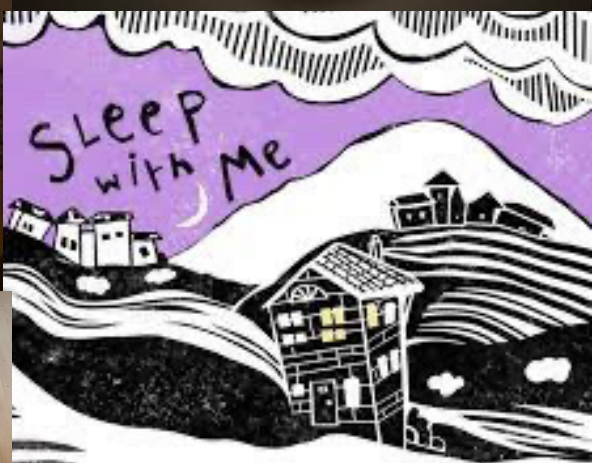
BC Adolescent Health Survey

- Completed every 5 years
- Grades 7-12
- About 38,500 youth filled it out in 2023



42% of youth had slept at least
8 hours the night before
taking the survey


What does a 'good sleep environment' look like to you?



18% of youth had
slept 5 hours or less

26% of youth reported their
sleep was interrupted





What stops you from
getting a good sleep?

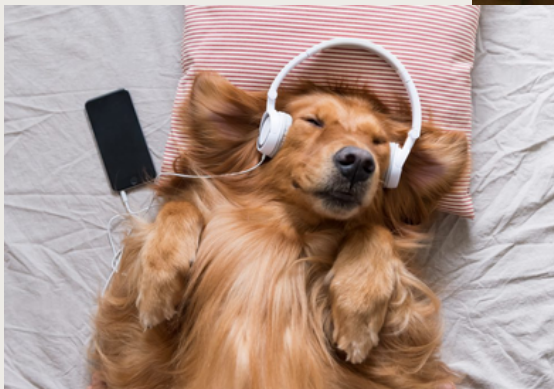
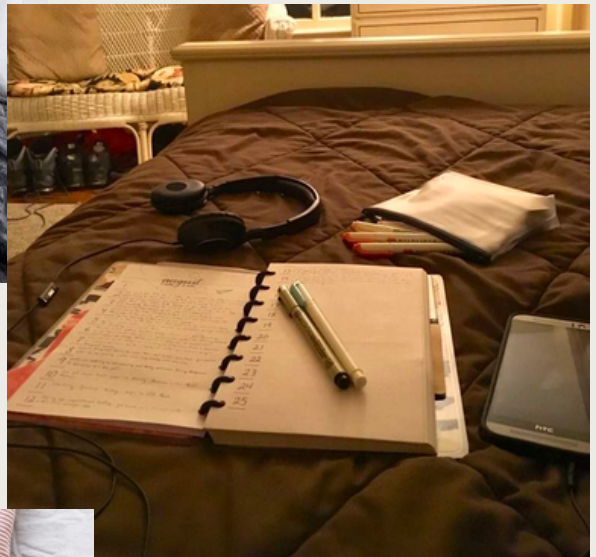
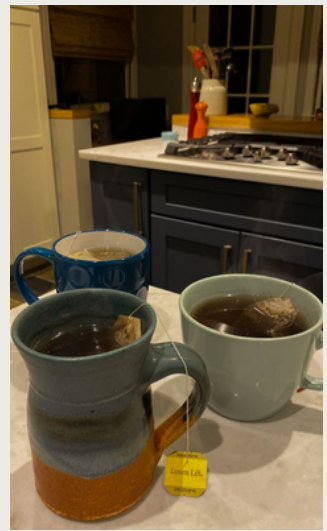


“There is no sunrise so
beautiful that it is worth
waking me up to see it.

MINDY KALING

Is Everybody Hanging Without Me?





Youth who slept for at least eight hours were more likely to report good or excellent mental health



We are at our very best, and we are happiest, when we are fully engaged in work we enjoy on the journey toward the goal we've established for ourselves. It gives meaning to our time off and comfort to our sleep. It makes everything else in life so wonderful, so worthwhile.

Earl Nightingale



“I really get affected if I don’t get enough sleep.”

Grade 12 student

Created by
McCreary’s YAC



This zine was created by McCreary Centre Society's Youth Advisory and Action Council as part of a series to reflect on the findings of the 2023 BC AHS.

To find out more about the BC AHS and for details about how to join the Youth Advisory and Action Council, visit mcs.bc.ca.

