

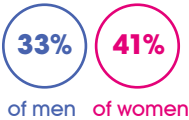


# World Sleep Day 2019

## Women are losing out to men in the bedroom

### What's keeping us up at night?

Money/personal finances



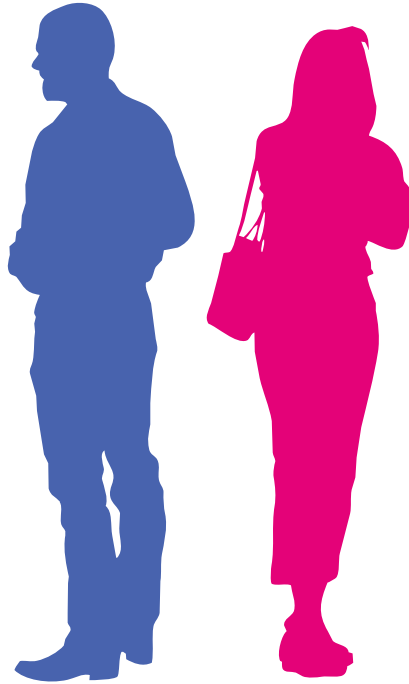
Health issues



Worries about children

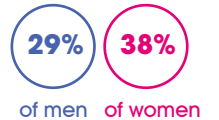


Concerns about ageing parents



### What's disrupting our sleep at night?

Worry or stress



Partners (i.e. moving in their sleep, snoring loudly)



Pets (jumping on the bed, being noisy)



Weather (extreme temperatures, storms)



## Sleeping habits across the world



Prof. Damien Leger's tips for a better night's sleep



- 1** Avoid screens in the evening
- 2** Spend time with family and friends at night to switch off from work
- 3** Protect your sleep environment from light and noise

Find a better night's sleep this **World Sleep Day, 15th March.**  
 For more information, tips and advice, visit [www.sanofi.com](http://www.sanofi.com) or visit a pharmacist.

#WorldSleepDay2019

