

INSOMNIA IN THE WORKPLACE

Sleep is essential to workplace performance, yet insomnia remains widely under-recognized impacting employee well-being, productivity, and engagement.



Why It Matters?

20%

Of Canadians **experience insomnia**.

73%

Of employees with insomnia feel **unproductive** at work. ²

22%

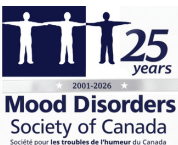
Of people affected by insomnia **stopped** working, **reduced** hours, or took leave. ¹

MOOD DISORDERS SOCIETY OF CANADA (MDSC) WORKPLACE PROGRAM

Is a **free, 45-minute** presentation.

The session helps HR teams, managers, and employees with practical insights to:

- Understand insomnia.
- Identify its impact on productivity and well-being.
- Foster more supportive work environments.
- Provide resources for people with insomnia to take action.



For nearly 25 years, MDSC has led mental health advocacy, working with communities and people with lived experience to drive meaningful change.

1. Narrative Research (2025). "Insomnia Public Perception Study." Prepared for Mood Disorders Society of Canada. https://mdsc.ca/wp-content/uploads/2025/09/MDS001-1005-MDS-2025-Infographic-June-26-25_page-0001.jpg (accessed January 22, 2026).

2. *Benefits Canada*. (2017). Wake up to the Impact of Insomnia on the Workplace.