

The underestimated impact of poor sleep

Alex Carducci, Pharmacist & Product Director, Health & Wellness, Manulife: "We know sleep, poor sleep, insomnia are issues amongst Canadians working and our plan members. What we see a lot with poor sleep is people think it's not a big issue and they self-treat for it. So they go into the pharmacy and they pick up an over the counter medication or a natural health product which is great for their self-management if they're doing it under the advice of a medical practitioner. But we don't catch that in our claims data and we know that the problem is actually a lot bigger than what we're seeing in our claims and it's something that's really important to address to make sure we have healthy working populations."

Disclaimer: This content is for educational purposes only and is not intended to replace the advice of a medical doctor. Please consult a physician for medical advice.