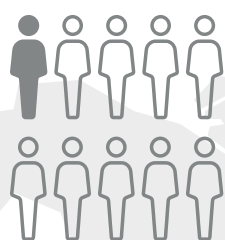


Chronic Insomnia by Numbers

Prevalence^{1,2}



It is estimated that chronic insomnia affects **1 in 10 people** across Europe and Canada; significantly impacting the working-age population.

Costs^{1,*}

Roughly **\$293 billion annual GDP lost** in Europe and Canada due to reduced productivity and other, intangible, cost associated with chronic insomnia.

Intangible costs due to chronic insomnia for those of working-age range is:



\$92 billion
across Europe
per year



\$10.7 billion
in Canada
per year

Chronic insomnia is associated annually with approximately:¹



11 to 18 days
of absenteeism



39 to 45 days
of presenteeism
(i.e. showing up at work
but less productive)



44 to 54 days
of overall
productivity loss

This equates to an estimated loss in annual GDP of approximately:^{1,*}



\$170.7 billion
in Europe



\$19.6 billion
in Canada

*All monetary values shown in 2019 United States Dollars. GDP = gross domestic product.

References

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2. The Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition, Text Revision (DSM-5-TR). Washington, DC: American Psychiatric Association; 2022