

MENTAL HEALTH SPOTLIGHT: BETTER SLEEP MONTH

Sleep Tips:

- Stick to a sleep schedule.
- Relax before trying to go to sleep.
- Create a bedtime routine.
- Create an optimal sleeping space-- cool, dark, quiet.
- Dim lights and put away electronics for about an hour before you go to bed.
- Don't go to bed hungry OR stuffed.
- Limit daytime naps to 10-30 minutes.
- Get daily physical activity.
- Get plenty of natural light exposure during the day.
- Avoid alcohol, tobacco, and caffeine in the evenings.

The amount of sleep we get is closely related to our mental and emotional health. Poor sleep can be a contributing factor in making mental health problems worse, but mental health disorders also tend to make it harder to sleep, so poor sleep is both a cause and a consequence of mental health issues.

Working to improve your sleep and mental health can go hand in hand and may include getting professional help from a trained healthcare provider as well as improving your sleep habits by using the tips to the left.

Did You know?

Women have a 40% higher risk of Insomnia than men.

35.2% of US Adults reported getting less than 7 hours of sleep on average.

On average, we spend about 2 hours a night dreaming.

Around 75% of adults with Depression suffer from Insomnia.

About 16% of full-time workers in the US work evening or overnight shifts.

57.8% of middle schoolers and 72.7% of high school students don't get enough sleep.

Find out more at: sleepfoundation.org