HEALTHY SLEEP HABITS

HOW BUILDING HEALTHY SLEEP HABITS CAN IMPROVE YOUR MENTAL HEALTH

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Did you know that taking time to improve your sleep quality is a great way to improve your mental health? Quality sleep allows your brain to process emotions, thoughts, and memories. It empowers your brain to improve its thinking and learning skills, and it helps improve your overall well-being.

Sleep deficiencies, on the other hand, can adversely affect the activity in certain parts of your brain, making it difficult to control your emotions or handle adverse situations. It can even increase your risk for depression and suicide (Sleep Foundation, 2023).

Research shows that nearly one-third of the population struggles to get the recommended seven hours of sleep each night. A study conducted by the Centers for Disease Control and Prevention (CDC) determined that participants who averaged six hours of sleep or less per night were two and a half times more likely to experience mental distress than those who slept more than six hours.

Adding interventions to help people improve their quality of sleep can significantly impact their mental health in positive ways. Some of these beneficial interventions, as reported by the Sleep Foundation, include:

Cultivating healthy daily habits.
Incorporating positive routines, such as getting adequate sunlight, reducing late-night snacking and caffeine consumption, and being physically active during the day can support your circadian rhythm and limit sleep disruptions.

Following a nightly routine.
Having a nightly routine that you consistently follow can help you fall asleep easier and faster. An effective routine should include device-free time, dimmed lights, and relaxation techniques, thirty to sixty minutes before bedtime.

Optimizing your bedroom.
Your bedroom should be quiet, dark, and free from distractions, and the temperature should be comfortable for you. Above all, it should provide you with a sense of safety, relaxation, and tranquility.

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<u>Setting a sleep schedule</u>.
Having a set schedule normalizes sleep as an essential part of your day and gets your brain and body accustomed to getting the full amount of sleep needed. Set a fixed wake-up time and bedtime every day, stick to them, and avoid taking too many naps.

While there are some commonalities between all of us when it comes to sleep, the perfect combination of these common factors is unique to the individual, so it may take several attempts to determine what healthy sleep habits work best for you.

Remember, forming healthy habits takes time, but with a little dedication and effort – and perhaps a little less caffeine and screen time – you can enjoy all the benefits of a quality night's sleep and help support a healthy, happy mind in the process.

If you or someone you know is struggling with mental health challenges, we encourage you to connect with a reputable mental healthcare provider and see how treatment may benefit you. Connect with your provider or reach out to a member of our team today. We are here to help!

OUR PROGRAM

We are designed to meet the unique needs of older adults experiencing depression and/or anxiety.

ANYONE CAN REFER

Anyone can make a referral to our program, including self-referrals, provider referrals, or community referrals.

WE ARE DEDICATED

We are your local mental health experts dedicated to improving the quality of life for the patients we serve.

Call us today at:

Visit us online at: