

# Sleep and Mental Health

# Overview

- What is sleep?
- Sleep, mental health and emotional wellbeing
- How to sleep well
- Looking after yourself

# What is sleep?

- Natural
- Dynamic
- Essential

*“The natural periodic suspension of consciousness during which the powers of the body are restored”*

# The impact of poor sleep

- Poor concentration
- Low mood
- Lack of motivation
- Susceptible to colds and other ailments
- Difficulty regulating emotions
- Irritability
- Anxiety

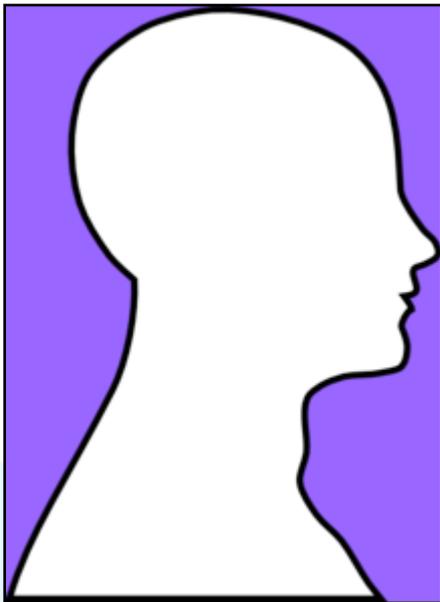
# Sleep and mental health

- Circadian rhythm: 24 hour body clock
- Responsible for sleep function
- Prompts the release of two hormones (melatonin and cortisol)

# Cortisol

- Levels highest in the morning
- Stress hormone
- Helps us cope when under pressure
- Chronic release can lead to sleep problems and long term mood disorders like anxiety and depression

# How can sleep boost mental health?

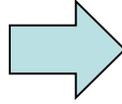


**Cortisol**

- Body more able to deal with stress
- Allows the body time to rest and process information



# How to sleep well



- Get up at the same time every day
- Get outside for at least 30 min per day for natural sunlight
- Avoid caffeine based drinks
- Do some exercise
- Try to resolve or develop healthy coping strategies for any issues causing you anxiety

- Turn off all technology devices at least 1 hour before bed (phone, tablets, TV)
- Avoid caffeine and alcohol
- Relax (bath, reading )
- Ensure bedroom is cool
- Keep pets out of room
- Go to bed at the same time each night

# Looking after yourself

Things I can do

.....by myself

.....with others

People I can talk to.....