

### The Mental Health Benefits of Sleep



- Sleep can have an 'anti-stress' effect and relax the systems in our bodies that are responsible for the stress response.
- Sleep helps regulate our emotions, allowing us to interact well with others and maintain good interpersonal relationships.
- Sleep problems can cause anxiety, and anxiety can disrupt your sleep. Practicing good sleeping habits can help reduce anxiety.
- Good quality sleep helps us to stay sharp and focused.

### Resources

*Click on images to download information*

 <p><b>Sleep and Pregnancy.</b> A guide providing some practical tips.</p>	<p><b>Safer Sleep for Babies.</b> A guide for parents and carers.</p> 
 <p><b>KIDS.</b> Sleep information for parents, carers &amp; professionals.</p>	<p><b>Sleep Tips for Teenagers.</b> 10 tips for teenagers. Checklists and a guide available to download.</p> 
 <p><b>Understanding Sleep Problems.</b> Explains sleep and mental health. Gives practical suggestions and information about where to get support.</p>	<p><b>Sleeping Problems and Insomnia Self-Help Guide.</b> Work through a self-help guide that uses cognitive behavioural therapy and expert advice to manage sleep problems.</p> 
 <p><b>Better Sleep Self-help.</b> If you are in need of some support, there are various self-help techniques you can try.</p>	<p><b>Health and Wellbeing in Later Life.</b> A guide which includes information on "Getting Enough Sleep".</p> 

### Sleep and the Online Environment

*Click on images to download information*

 <p><b>Mind Yer Time.</b> Created to support everyone using social media and screen time. Shares positive tips and information to help you use screen time positively.</p>	<p><b>Balance Screen Time Use.</b> A guide from Internet Matters offering simple tips to balance screen time and help children develop healthy online habits to help them thrive online and offline.</p> 
 <p><b>Sleepio.</b> An online sleep improvement programme which delivers tailored and engaging advice 24/7.</p>	<p><b>Sleep by Headspace.</b> Designed to bring some ease to your bedtime routine offering sleep meditations and sleepcasts.</p> 

### Learning

*Click on image to download information*

**Sleep and Mental Health. Healthy Minds Session no.14**  
 A session to raise awareness of sleep and links to mental health and wellbeing. Can be facilitated by anyone, no training required.



### Helplines and Support

**Crysis.** Support for parents with crying and sleepless babies. Free helpline **0800 448 0737**, open 7 days a week 9am-10pm.

**Sleep Action.** For parents and carers living in Scotland seeking support with their child's sleep problems can contact sleep advisors. Contact [sleepsupport@sleepaction.org](mailto:sleepsupport@sleepaction.org) and they will arrange a phone call.

 <p><b>National Debtline.</b> Call <b>0808 808 4000</b>, Mon- Fri 9am-8pm and Saturday 9:30am - 1pm.</p>	<p><b>NHS 24.</b> Phone <b>111</b> if you are feeling distressed, in a state of despair, suicidal, in need of emotional support and asked to be put through to the Mental Health Hub.</p> 
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**Breathing Space.** For anyone in Scotland over the age of 16, feeling low, anxious or depressed. Call free on **0800 83 85 87**. Mon-Thurs 6pm to 2am, Fri 6pm-Mon 6am.



**Samaritans.** Call any time, day or night. Whatever you're going through, you can call any time, from any phone for FREE, **116 123**.