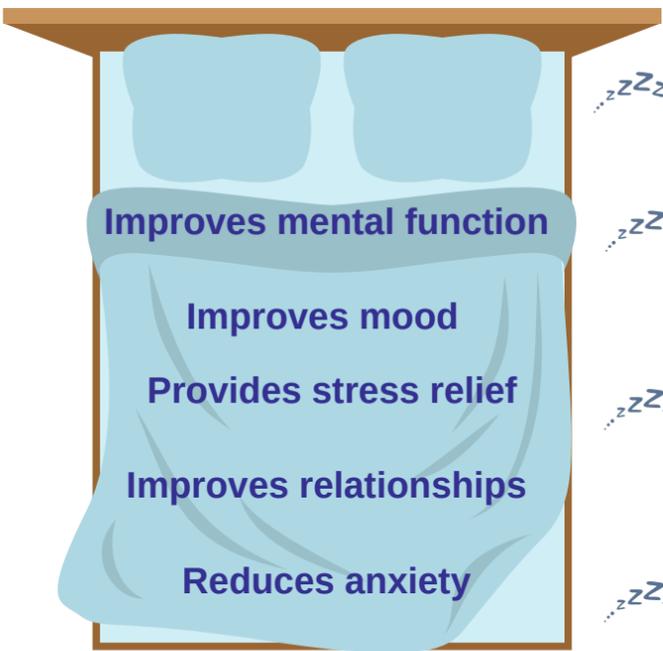


The Mental Health Benefits of Sleep



Good quality sleep helps us to stay sharp and focused.

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.

Information and Resources

Click on images to download information

Healthy Mind Session Sleep and Mental Health (no.14)

This session aims to raise awareness of sleep and links to mental health and wellbeing. Can be used by anyone, no training required.



Understanding Sleep: Don't Hit Snooze on Your Health

A free online course, teaching you about the benefits of healthy sleep and how to improve your own sleep routine.

This downloadable resource explains sleep and mental health - it also gives practical suggestions and information about where to get support.



Provides information on how to sleep better and hear how other people have managed to improve their sleep.



Provides a wealth of sleep information for parents, carers and professionals.



An online sleep improvement programme which delivers tailored and engaging advice 24/7.



Sleep and Pregnancy:

A downloadable guide providing some practical tips.

Trouble Sleeping?

If you are in need of some support, there are various self-help techniques you can try.



Helplines and Support



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

For parents and carers living in Scotland seeking support with their child's sleep problems can contact sleep advisors. Contact sleepsupport@sleepaction.org and they will arrange a phone call.



NATIONAL DEBTLINE

Call **0808 808 4000**, Mon- Fri 9am-8pm and Saturday 9:30am - 1pm.

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.



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

Phone **111** 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.

