

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

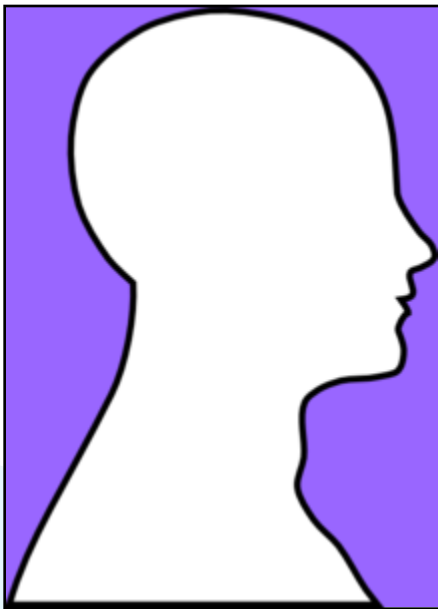
Sleep and mental health

- 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?



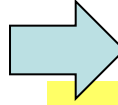
Cortisol

- 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.....