

Mental Health and Sleep: Did you know?

There is an important two way relationship between our mental health and sleep. Here are some things you might not know about this:

SENSITIVITY TO STRESS

Poor sleep can make us more sensitive to stressors. When we don't get enough quality sleep, we are more likely to react negatively to stress

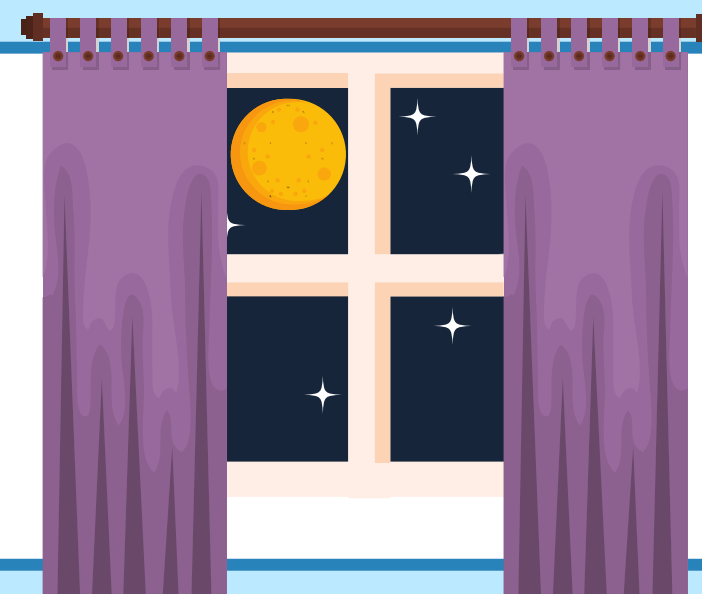


SLEEP ROUTINES

Consistent sleep routines can support our mental health. Therapies built around sleep consistency have been reported to improve mental health outcomes.

YOUR ENVIRONMENT

The set up of where you sleep can have an impact on your quality of sleep and your mental health. Removing distractions can help reduce anxiety and help us sleep.



DON'T FORCE IT

If you are lying in bed and can't sleep, leaving the room and doing something else relaxing for a short time (stay off your phone) can help us fall back asleep. Trying to force sleep can cause us to get stuck in negative thought patterns.

BE IN THE KNOW

You can stay up to date with the latest research on sleep and mental health with the Circadian Mental Health Network and BioClocks UK

