Sleeping Well for your Mental Health

Getting the right amount of quality sleep can give you more energy, improve concentration, help you cope with stress and improve your mental health.

Follow these healthy habits to help improve your sleep and mental health.

El Sol
NEIGHBORHOOD EDUCATIONAL CENTER
"Transforming Hearts, Minds and Actions"

SLEEP AND YOUR MOOD

Quality sleep is like a mental health superpower.

When you get enough sleep it's easier to manage your emotions, you have more patience and you deal with stressful situations better. Also, you reduce your risk of mental health challenges in the future!

Yet, it's so common to struggle to sleep. That's because your sleep can be impacted by many things – from the food you eat to feeling worried or anxious and even using your phone before bed.

So... how much is enough?

If you're aged between 12-17 then 8-10 hours sleep is ideal, while 18-25 year olds should try to get 7-9 hours.

Here's how those sleep can improve your mental health. It can:

• give you more energy

• improve your memory, attention and concentration • make you less likely to crave unhealthy snacks

• help you better deal with stressful situations.
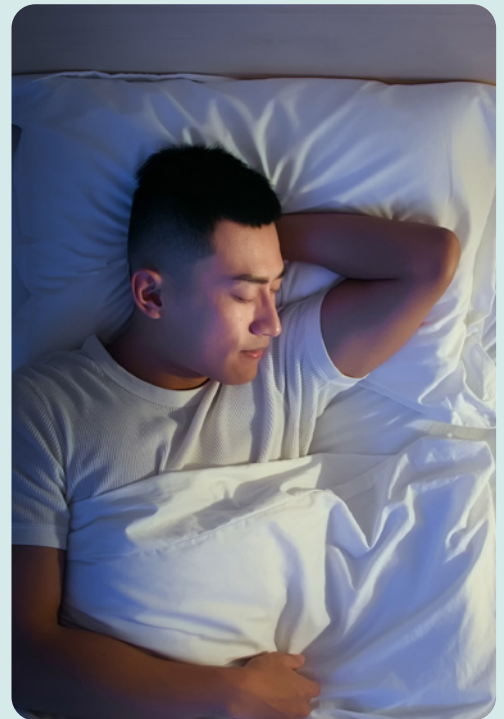
HEALTHY SLEEPING HABITS

When you're feeling low or stressed it's important to put healthy habits in place that build your emotional strength – to prepare yourself for riding life's ups and downs.

Getting a good night's sleep is one of these healthy habits, but it's not the only one. Things like exercise, eating well, and spending time with people you love also play an important role in good mental health.

HOW DO I SLEEP BETTER?

Here are his quick tips for improving your sleep.

• At least an hour before bed, switch from video games, YouTube and social media to TV or watching a movie.

• Lower the brightness on your phone and computer screens at night. Some have features where you can automatically dim and change the color of your screens to help you prepare for rest.

• If you find it hard to wind down, try a mindfulness exercise.

• Try to sleep the same amount every night. An extra hour, every now and then, is fine – but any more can confuse your body clock.

• If you need to get up during the night try to avoid turning on bright lights and hop back into bed quickly.

• Avoid caffeine at least six hours before you go to bed.