



Mental Health Monthly

Understanding Sleep and Mental Health

Impact of Sleep on Mental Health

We know that there is a close relationship between sleep and mental wellbeing. Poor sleep not only affects your mental health, but your mental health can also affect your sleep (it can be a chicken-and-the-egg sort of scenario). For example, people with insomnia are between 10 and 17 times more likely to experience depression and anxiety.

The Mental Health Foundation shares that sleep "is as essential to our bodies as eating, drinking and breathing, and is vital for maintaining good mental and physical health. Sleeping helps to repair and restore our brains, not just our bodies." Sleep helps our brain to process information and store our long-term memories. If we aren't sleeping well, we aren't allowing our brains that crucial time to heal and process.

Creating Healthy Sleep Habits:

Tips from our therapists to help improve your sleep:

- Visualizing things you're looking forward to the next day
- Doing a "mind dump" exercise to give your brain a break
- Taking a warm bath or shower before bed
- Creating a bedtime routine to help you wind down
- Reading a book in bed
- Listening to a guided meditation to help calm down
- Talking to a therapist to unpack stressors or address underlying mental health concerns

