



## SLEEP & MENTAL HEALTH

What in the world does sleep have to do with your mental health? Surprisingly more than we may have realized! The sleep habits you create are long lasting so take a moment to check in with the amount of sleep you get each night and what you do before bed.

Even working out too close to your bed time or watching an action movie can affect your body's ability to relax and prepare for rest. Of course when you're younger you may not feel the impact as much as when you're older, but the impact is there whether you feel it or not.

Creating healthy sleep habits are beneficial for people of all ages. Today is a great day to evaluate your sleep habits and start to make whatever adjustments you may need to make.

## WHAT HAPPENS WHEN YOU DON'T SLEEP

**Reduced brain function.**  
Headaches. Irritability.  
-Brain removes waste & plaque during sleep.

**Mood Imbalances.** Lack of sleep disrupts neurotransmitters to brain that regulate mood.

**Higher Anxiety Levels:**  
Raises brain's anticipatory reactions & reduces stress response.

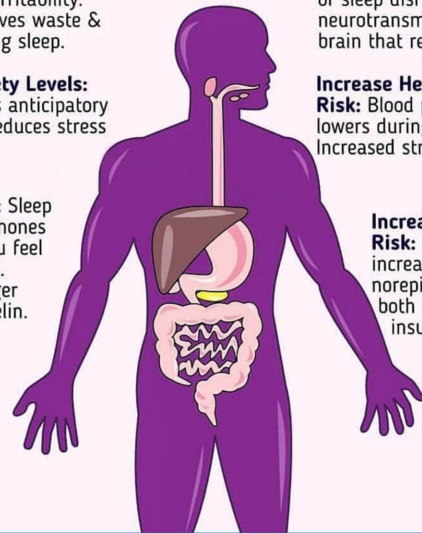
**Increase Heart Disease Risk:** Blood pressure lowers during sleep. Increased stress raises BP.

**Weight Gain:** Sleep balances hormones that make you feel hungry or full. Elevates hunger hormone ghrelin.

**Increased Diabetes Risk:** Lack of sleep increases cortisol & norepinephrine - both associated with insulin resistance.

**Weakened Immunity:**  
Weakens body's immune response.

**Poor coordination:**  
Reduces balance & increases risk of accidents.



## Facts About Your Circadian Rhythm:

Circadian rhythm is the natural cycle of mental, physical and behavior changes that the body experiences in a 24 hour period of time.

1. Circadian rhythms are affected by light and darkness
2. Your circadian rhythm is controlled by a small area in the middle of the brain that is located inside of the hypothalamus
3. Circadian rhythms can affect sleep, body temperature, hormones and appetite
4. Abnormal circadian rhythms may be linked to obesity, diabetes, depression, bipolar disorder and seasonal affective disorder

## TIPS FOR HEALTHY SLEEP

**DON'T**

- CAFFEINE
- ALCOHOL
- GADGETS
- HEAVY FOOD

**DO**

- EASY READING
- MEDITATION
- COOL ROOM
- GET UP AT THE SAME TIME

iStock  
Credit: Blueastro