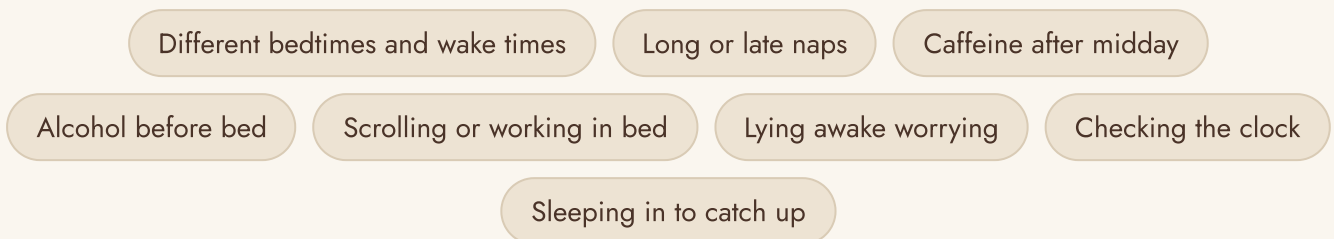


What is healthy sleep?

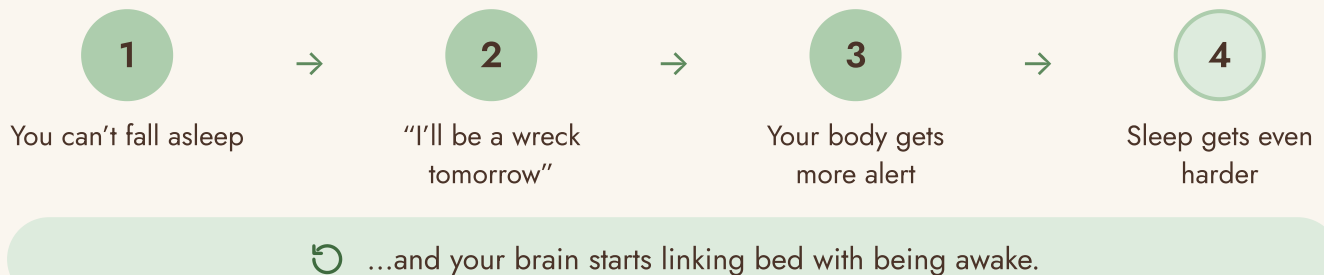
Why sleep and mood are so connected, and simple ways to sleep better.

Sleep and mental health work in both directions. Poor sleep makes anxiety, low mood, and irritability worse, and stress and worry make it harder to sleep. Small, steady changes often make a real difference.

What gets in the way



The sleepless-night trap



You can't force sleep. **Sleep comes when you stop chasing it.**

How much sleep is enough?

Most adults need about 7 to 9 hours. Feeling rested during the day matters more than an exact number.



Miriam Slikhanian
PSYCHOLOGIST

What helps

- 1 **Wake up at the same time every day**, even on weekends. This is the strongest anchor for your body clock.
- 2 **Keep bed for sleep**. Avoid working, scrolling, or worrying in bed, so your brain links bed with sleep.
- 3 **Get up if you can't sleep**. If you're awake for what feels like 20 minutes, get up, do something calm in dim light, and go back when sleepy.
- 4 **Wind down**. Give yourself 30 to 60 minutes before bed: dim the lights, put screens away, do something relaxing.
- 5 **Get daylight in the morning**. Morning light helps set your body clock for the day.
- 6 **Watch caffeine and alcohol**. Avoid caffeine after midday. Alcohol can help you fall asleep but disturbs sleep later in the night.
- 7 **Park your worries early**. In the early evening, write down what's on your mind and one next step, so it doesn't follow you to bed.
- 8 **Keep naps short**. If you nap, keep it under 30 minutes and before mid-afternoon.

When to get support

Trouble most nights

If poor sleep happens three or more nights a week for three months, it may be insomnia. CBT for insomnia (CBT-I) is the recommended first treatment.

Talk to your doctor

if you snore loudly, stop breathing or gasp during sleep, or feel very sleepy during the day despite enough time in bed.

Better sleep is a skill you can build.

Pick one or two changes and keep them up for two weeks before judging the results.



Miriam Slikhanian
PSYCHOLOGIST