

HEALTH

YOUR SLEEP AND MENTAL HEALTH ARE RELATED

Quality sleep is essential for good mental health. Like an electric car, your brain needs to recharge to work its best. A good night's sleep can help improve focus, mood, and creativity. Sleep helps process new information and form memories. It also strengthens your immune system.

You can function well with some poor-quality sleep. But it could affect your mood and make it hard to focus the way you'd like to. If you're experiencing extreme sleep deprivation like insomnia, it can have a real impact on your mental health. So, if you are getting more poor sleep than good sleep, it's time to pay attention and make some changes.



- *Avoid caffeine, alcohol, or large meals before bedtime.*
- *Try going to bed and getting up at the same time each day. Being consistent helps you have healthful sleep.*
- *If you're struggling to get out of bed in the morning, try getting in the shower or washing your face right away.*
- *Go for a morning walk, stretching or exercising first thing.*
- *Leave a curtain or blinds open to allow natural light to wake you.*
- *Remove smartphones, computers, or TVs from your bedroom.*
- *Take a relaxing bath or shower before going to bed.*
- *Make your bedroom a comfortable temperature and limit the light.*