

WELL BALANCED

- MAY 2025 -

Mental Health Awareness Month and Better Sleep Month

Sleep HYGIENE FOR Mental HEALTH

Did you know?

Lack of sleep can lead to:

- Impaired memory
- Reduced concentration
- Poor judgment and reasoning
- Difficulty with problem solving.

It can also cause:

- Increased irritability
- Heightened stress
- An increased likelihood of developing anxiety or depression
- Greater vulnerability to other mental health challenges.

How much sleep do you need?

The Centers for Disease Control and Prevention (CDC) and the American Academy of Sleep Medicine define adequate sleep as seven or more hours per night.

To improve your sleep, try implementing the following.

- **Daytime habits:** Engage in regular exercise and mindful eating
- **Evening rituals:** Establish a consistent bedtime that incorporates a relaxing nighttime routine.
- **Nighttime strategies:** Ensure your sleep environment is comfortable and conducive to rest.

If you're getting seven or more hours of sleep each night but still feel tired, find yourself dozing off during the day, struggle with insomnia, or wake up often throughout the night, it might be time to speak with a medical professional.

For information on how to improve your sleep hygiene for your mental well-being, refer to the **May Well Balanced newsletter** from the **Wellness Alliance!**



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