

Sleep Habits for Mental Health

Sleep affects the function of nearly every system in your body. Improving the quality and duration of sleep can help improve your overall well-being.

Research suggests that most adults need seven to nine hours of sleep every 24-hour period. Schedule at least eight hours of sleep each day and increase this amount if you don't feel rested.

Set the stage for better sleep

- Stick to a sleep schedule with regular sleep and wake times.
- Treat yourself to natural sunlight to reinforce your circadian rhythm.
- Exercise each day – Prime your body for sleep.
- Eat your last bite of food at least three hours before you go to bed.
- Avoid caffeine and alcohol before bedtime.
- Check the temperature and cool down your room.
- Make your bedroom quiet, dark and relaxing – Consider blackout shades, an eye mask and earplugs.
- Avoid using any electronic devices at least an hour before bedtime. It'll be there in the morning!

Quiet, relaxing wind down activities

- Light stretching or yoga
- Reading
- Coloring
- Journaling
- Make a to-do list for tomorrow to clear your mind
- Relaxation practices like meditation, prayer, deep breathing

What new sleep habits do you want to try this week? Pick two or three to get started. Aim for progress, not perfection!
