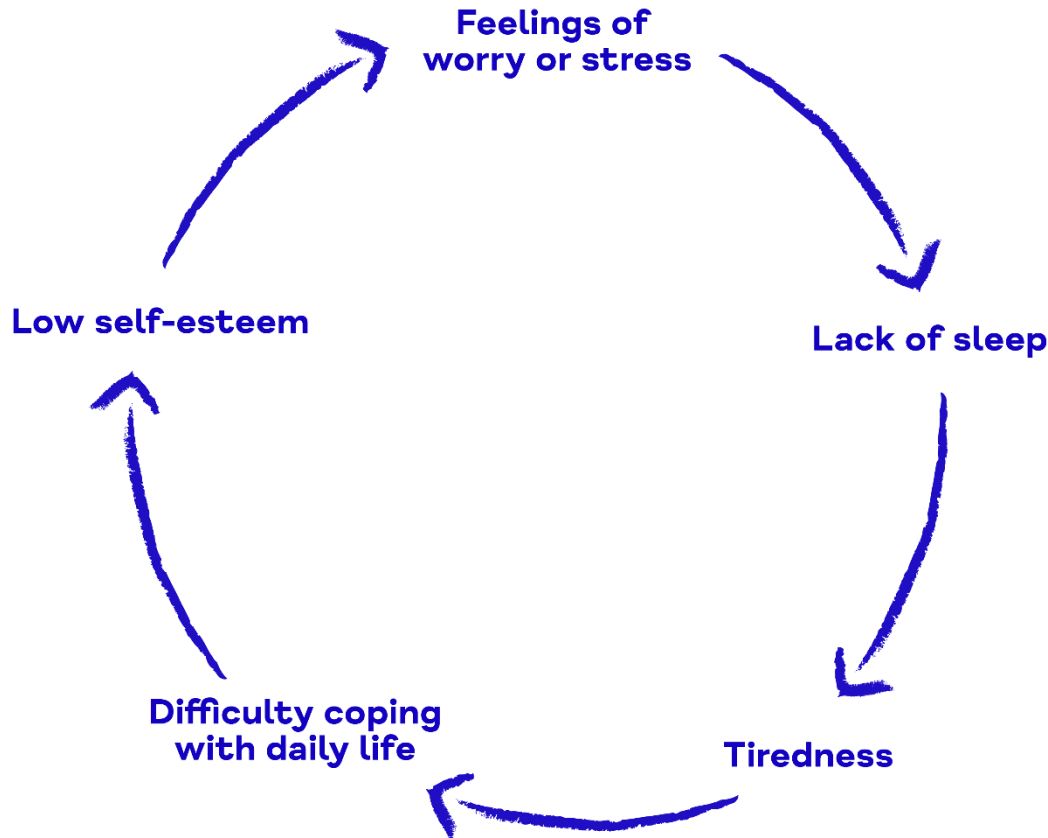


How Does Sleep Support Your Mental Health?

There's a close relationship between sleep and mental health. Living with a mental health problem can affect how well you sleep, and poor sleep can have a negative impact on your mental health.



How Can I Improve My Sleep?

Some people find these ideas useful, but remember that different things work for different people at different times.

- Establish a routine – it can be helpful to develop a regular sleep pattern. You can try going to bed and waking up at the same time every day or it might help to go to bed only once you feel ready to sleep.
- Relax before you try to sleep – this could include reading, listening to music, drawing, meditation, breathing exercises or taking a bath.
- Think about the devices you use before sleep – using devices in the evening can have a negative impact on your sleep. Cut down on screen time, especially stimulating activities such as playing games before you try to sleep. Check that your devices are set to night mode, dark mode or the blue filter is activated.
- Think about your diet – certain foods which include caffeine and sugar can affect your sleep. It also helps to avoid eating large meals before going to sleep.
- Physical Activity – taking part in some form of physical activity can support a better sleep routine. This can include walking, yoga or swimming.
- Spend time outside – this can help you relax and improve your overall wellbeing. Exposure to natural light during the daytime, can also lead to a restful sleep.
- Look at your sleeping environment – ensure you block out any excess light and sound that could disrupt your sleep.