



Wellbeing Bulletin: Sleep Edition

Being out of a routine or having a lot on your mind can both have an effect on your sleep pattern. Sleep is vital to wellbeing and is as important to our health as eating, drinking and breathing. It allows our bodies to repair themselves and our brains to consolidate our memories and process information.



YOUNG MINDS

If you are struggling with sleep, youngminds.org.uk has a wide range of advice you can follow. Scan the QR code to go straight to the relevant web page.



SCAN ME



Look at the advice from @journey_to_wellness on why sleep is important and how you can establish a good sleep routine:

WHY IS SLEEP IMPORTANT FOR YOUR MENTAL HEALTH?
@journey_to_wellness



- DISRUPTS HORMONES
- GOOD SLEEP INCREASES RESILIENCY
- POOR SLEEP MAKES IT HARD TO COPE WITH STRESS
- LACK OF SLEEP = MORE IMPULSIVE, IRRITABLE & SENSITIVE
- SLEEP PROBLEMS MAY BE A SYMPTOM OF DEPRESSION & ANXIETY - BUT LACK OF SLEEP MAY CONTRIBUTE TO CAUSE THESE PROBLEMS TOO
- GOOD SLEEP HELPS YOU REGULATE YOUR EMOTIONS
- ALLOWS BODY TO REPAIR ITSELF
- BRAIN CONSOLIDATES OUR MEMORIES & PROCESS INFORMATION
- MISSING OUT ON SLEEP PUTS THE AMYGOALA INTO OVERDRIVE & DISRUPTS ITS COMMUNICATION WITH THE PRE-FRONTAL CORTEX
- LACK OF SLEEP WEAKENS IMMUNE SYSTEM
- LACK OF SLEEP INCREASES RISK OF MENTAL HEALTH CHALLENGES
- TIME FOR OUR BRAIN & BODY TO REST & NOT RESPOND TO EXTERNAL STIMULI

GOOD SLEEP CHECKLIST...
DO I...?

- GO TO BED & GET UP AT ROUGHLY THE SAME TIME EACH DAY?
- HAVE A RELAXING WIND-DOWN ROUTINE AT NIGHT?
- TURN DEVICES OFF 30 MINS BEFORE BED?
- STOP STIMULATING ACTIVITY 30 MINS BEFORE BED? (E.G. TV/MOVIES, EXERCISE, WORK, HEAVY DISCUSSIONS OR ARGUMENTS, GAMES ETC.)
- USE MY BED JUST FOR SLEEP TO CREATE THAT ASSOCIATION?



If you have trouble falling to sleep, you could try a sleep story or sleep meditation. This may help to calm your mind and relax you ready for sleep.



Scan the QR code or go to www.headspace.com to try a free guided sleep meditation.

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