

Sleep & Mental Health

Sleep restores your brain and body, keeps your immune system strong, regulates your mood, and reduces stress. Practicing good habits for restful sleep, also called sleep hygiene, is an important key to managing your mental health.

Tips for better sleep

Daily activities

- Get outside and exercise during the day.
- Avoid stressful or vigorous activity in the evening.
- Eat meals at regular times.
- Limit caffeine.
- Avoid naps during the day.
- Don't smoke or use tobacco.

Evening and bedtime routine

- Go to bed and wake up at the same time every day, even on weekends.
- Avoid technology (smartphones, tablets, computers or TV) for at least one hour before bed. Instead, read a paper book or magazine, or listen to music.
- Use dim lights during your pre-bedtime routine.
- Avoid medicines that may keep you awake (ask your doctor).
- Avoid alcohol and caffeine within six hours before bedtime.

Your sleep environment

- Sleep only in the bedroom and keep it quiet, dark, cool, and comfortable.
- Use the bedroom only for sleeping – no phone, television or work.
- If you need a night light, use a red bulb.
- Consider a sleep mask, earplugs, or a white noise machine to block distractions.

Trouble sleeping or staying asleep?

- If you can't fall asleep or stay asleep, go to another room and do a quiet activity until you feel sleepy, such as reading a book.
- Try relaxation techniques, such as progressive muscle relaxation or meditation.

For more mental health educational resources, visit depressioncenter.org/toolkit.

This document provides general educational information developed by the Eisenberg Family Depression Center. It is not a substitute for professional medical advice. Please consult your health care provider if you have questions about your health or treatment options.