

Sleep & Mental Health

Foundational habits that support sleep without turning bedtime into another performance test.

Why sleep matters

Sleep affects mood, concentration, impulse control, anxiety sensitivity, pain, and stress tolerance. Mental health symptoms can also disrupt sleep, creating a two-way cycle.

Helpful foundations

- Keep wake time reasonably consistent when possible.
- Create a repeatable wind-down routine.
- Use the bed mainly for sleep rather than prolonged worry or work when feasible.
- Reduce stimulating light, content, caffeine, and heavy meals close to planned sleep.
- If you are awake and frustrated for a long period, a quiet low-light activity may be more helpful than forcing sleep.

When to seek assessment

Persistent insomnia, loud snoring, breathing pauses, restless legs, nightmares, or dangerous daytime sleepiness may warrant professional evaluation. Sleep problems can have medical, psychiatric, environmental, and behavioral causes.

Try this reflection

Which one sleep variable is most changeable this week: wake time, caffeine timing, wind-down, light, noise, or pre-sleep worry?

Using this resource: For education and skill-building only; not diagnosis, medical advice, or crisis care. If you feel overwhelmed, pause and seek appropriate professional support. In the U.S., call or text 988 for crisis support; call 911 for an immediate emergency.