

The Mental Health Association Presents:

WELLNESS WEDNESDAY

Information and tips to help promote your mental wellness

Get Enough Sleep

Being tired can hurt your health and your relationships

Tips to get better sleep

In our busy lives, sleep may feel like a waste of time. There are so many other things that we can be doing. However, if we don't get enough sleep our chances of successfully completing those pressing tasks greatly decreases. But the problem for many of us is getting that sleep, especially when we feel overwhelmed. Two-thirds of Americans say that they lost sleep because of stress and by not sleeping we can make our stress levels and our health worse. Lack of sleep has been linked to:

- Greater risk of depression and anxiety
- Increased risk of heart disease and cancer
- Impaired memory
- Reduced immune system functioning
- Greater likelihood of accidents

OK. Now we have established that getting a good night sleep is good for us. But what about the people like me who can't get to sleep or stay asleep. Those of us for whom sleep is the nightly battle. Suggestions on how to get a better night sleep include:

- Set a regular bedtime as your body craves consistency and by scheduling sleep it becomes as important as all those other pressing tasks.
- De-caffeinate yourself by staying away from coffee and colas starting six to eight hours before bed.
- De-stress yourself before bed by taking a hot bath, meditating or envisioning a soothing scene while lying in bed. Turn off daytime worries by finishing any next-day preparations about an hour before bed.
- Exercising can improve sleep in many ways, including relieving muscle tension. But don't work out right before bed since exercising makes you more alert. For some, gentle stretching can help you transition into sleep.
- Make your bed a sleep haven by using it only for sleep, no doing reports or paying bills in bed.
- Finally, experts say that if after 15 minutes you remain alert, get up until you feel tired.

For additional sleep guidelines, visit the National Sleep Foundation's website at www.sleepfoundation.org

To learn more, visit the Live Your Life Well website at www.LiveYourLifeWell.org

For information on local resources, visit the Mental Health Association website at www.mharochester.org



The Mental Health Association helps people find the tools and resources that they need to achieve and maintain mental wellness.

We believe that mental health affects us all and achieving mental wellness requires work, time and support. We promote mental wellness in our community through educational programming, referral services and individualized support. We can help you find help.

[Visit our website to find a location near you](#) or call us at 585.325.3145.

Sign up below to receive our monthly publication, Wellness Wednesday, as well as information about programs and helpful tips on achieving and maintaining mental wellness.

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