MENTAL HEALTH AND SLEEP

Sleep and mental health share an important relationship. Poor sleep can trigger or amplify mental health struggles, while mental health conditions frequently cause sleep disruptions leading to decreased sleep quality.





Sleep Health Is Linked to Mental Health

During sleep, the brain goes through several cycles that help the body repair and restore, process memories, strengthen the immune system, and prepare itself for the day ahead. Sleep disruption leads to decreased cognitive function, poor mood and alertness, and increased stress and fatigue. Over time, this continuous cycle may worsen both sleep health and mental health.

How Sleep Affects Mental Health

Sleep health and mental health are inseparable. Sleep problems may be a cause and consequence of many mental health conditions. Living with mental health challenges often leads to poor sleep. Chronic sleep trouble can also worsen the symptoms of mental health conditions.

Conditions that may affect sleep health include:

Attention-Deficit/Hyperactivity Disorder (ADHD)
Racing thoughts and physical restlessness may lead to trouble falling asleep and staying asleep.

Anxiety and Depression
Stress and worry can make it difficult to achieve restful sleep.

Post Traumatic Stress Disorder (PTSD)
Hyperarousal and intrusive thoughts may contribute to nightmares, and increased stress may lead to insomnia.

Dementia
Damaged brain cells and plaque buildup cause inflammation and decrease the body's ability to remove toxins from the brain, resulting in sleep deprivation.

Disordered Eating
Insufficient food intake can lead to malnourishment and contribute to hormone imbalance that interrupts the body's ability to regulate the sleep cycle.

Improving Mental Health Through Sleep

Prioritizing sleep health daily, through the practice of creating a consistent schedule, optimizing your bedroom to promote restful sleep, avoiding sleep disruptors during the day, correcting negative thoughts around sleep, and setting time aside at night to wind down before bed can help contribute to better mental health and physical well-being. Discuss your sleep health with a healthcare provider for additional sleep support.

Davis COUNTY HEALTH DEPARTMENT

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daviscountyutah.gov/health/sleep