

Hello,
Have you ever had someone tell you that they “Woke up on the wrong side of the bed”? When people use this phrase they often are referring to having a bad mood, but there is actually a strong correlation between a person's sleep habits and their mental health. Today I want to take the time to talk about how healthy sleep habits support improved mental health. In addition, I think it is really important to understand how some of our student's poor sleep habits result in heightened behaviors and emotional outbursts.

Check Out This Video



Quick Facts



- The average person spends about $\frac{1}{3}$ of their life asleep
- On average, we spend about two hours per night dreaming
- REM sleep makes up 20% to 25% of total sleep in adults
- The average adults need 7-8 hours of sleep per night
- The average teen needs 8-10 hours of sleep per night
- The average child needs 9-12 hours of sleep per night



How Does Sleep Affect Mental Health?

People with poor sleep habits are more likely to have the following issues

- Feel anxious, depressed, or suicidal
- Have psychotic episodes – poor sleep can trigger mania, psychosis, or paranoia, or make existing symptoms worse
- Feel lonely or isolated
- Struggle to concentrate, or make plans and decisions
- Feel irritable or do not have the energy to do things
- Have problems with day-to-day life – for example, at work or with family and friend



Check Out This Ted-Talk for More Information!

How Can We Promote Healthy Sleep Habits?



Check Out This Video for Tips!

Examples of steps for healthier sleep habits provided by the Sleep Foundation:

- Having a set bedtime and maintaining a steady sleep schedule
- Finding ways to wind down, such as with relaxation techniques, as part of a standard routine before bedtime
- Avoiding alcohol, tobacco, and caffeine in the evening
- Dimming lights and putting away electronic devices for an hour or more before bed
- Getting regular exercise and natural light exposure during the daytime
- Maximizing comfort and support from your mattress, pillows, and bedding
- Blocking out excess light and sound that could disrupt sleep



Howie unwittingly gets up on the wrong side of the bed.

Want to know more? Check out these resources.

- [National Sleep Foundation](#)
- [National Library of Medicine](#)



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