4/3/2023

MENTAL MONDAYS

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 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



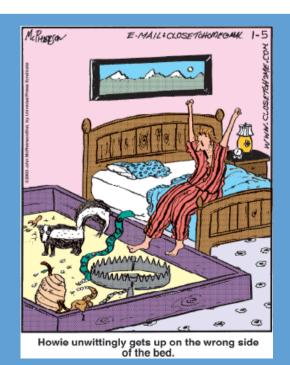
How Does Sleep Affect Mental Health?

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

Want to know more? Check out these

resources.

- National Sleep Foundation
- National Library of Medicine

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Contact Your Mental Health Navigator:

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