

5 SLEEPING TIPS

That Can Help with **Depression**



Overview

The relationship between sleep and mental illness, specifically depression, is complicated. Some people find they can't sleep at all, while others find they can't stop sleeping. It's not consistent for everyone. But everyone experiencing depression should work to improve and regulate their sleep because there are only benefits to be had. So, here are some tips to help improve your sleep, and with it, your mood.

Turn Your Bedroom Into A Sleep Sanctuary

- Your bedroom should be a dedicated palace of sleep.
- Too much noise, light or distraction can make sleep harder. So, make your room as dark as possible.
- Ensure your mattress is ready to sleep on. Laying down each night on an old, saggy or squeaking bed can inhibit your ability to sleep.
- Read a book or listen to some music. It helps to calm you and makes you fall asleep.



Keep A Regular Bedtime

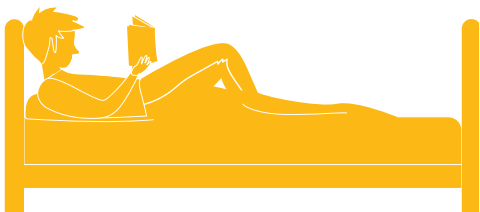
- Getting a regular sleep routine has enormous benefit on mind and body.
- Benefits include being able to wake up more easily in the morning



- Feeling more energized and focussed throughout the day.
- Our brain responds well to routines and keeping the same routine will help combat feelings of lethargy.

Get Into A Bedtime Routine

- Avoid starting any difficult or potentially stressful tasks close to bedtime.
- Avoid any devices with screens.
- The blue light they emit overstimulates the mind and suppresses sleep.
- Watching movies or scrolling through social media may lead to increased levels of stress.
- Try reading a book or magazine instead of reading posts and news online.



Start Exercising Regularly

- Regular exercise improves the mood.



- Walking for at least 30 minutes a day, attending a yoga class or just doing some jumping jacks in your house is an effective way to start exercising.

Go Outside Every Day

- Sunlight is full of Vitamin D, which is a great mood enhancer. Seeing the sun frequently helps to get back into a rhythm.
- If you truly can't face the outside world, at least open your curtains and let the day come to you.





Depression is tough, and while the steps above all look simple, we know it needs effort and motivation to follow them.

If you're experiencing depression, remember there are people out there to talk to. Don't suffer in silence. Speak to a doctor, a friend or a family member. Getting your worries out in open is the first step on the road to good health.