

6 WAYS TO IMPROVE YOUR SLEEPING HABITS

Can a lack of sleep cause anxiety and/or depression? The answer is *yes*.

Sufficient sleep, especially during your REM cycle, facilitates your brain's processing of emotional information. This is why *rest is tied to your emotional reactivity and mental health*.

1

Follow a Consistent Sleep Schedule

Try to maintain a sleep schedule where you're going to bed and waking up at the same time throughout the week (this includes weekends too).

2

Don't Take Naps

Taking long naps during the day can disrupt your sleep-wake cycle. If you need to take a power nap, make sure you aren't sleeping for more than 15-20 minutes.

3

Think About What You're Eating & Drinking

Some foods and drinks, like caffeine and alcohol, act as stimulants and can make falling and staying asleep much harder. Try avoiding these in the hours approaching your bedtime.

4

Create a Good Sleep Environment

Making sure your room is dark, and at a comfortable temperature will improve your sleep. Reading or meditating before closing your eyes instead of using electronics can also help.

5

Establish a Nightly Routine

Whether it's skincare, journaling, or meditation, having a nightly routine helps you to relax at the end of the day, and tell your mind and body that it's time to go to bed.

6

Stay Active

When you're not moving throughout the day, your body remains in a state of rest. Exercising for at least 30 minutes to an hour will make it easier to fall asleep and allow your body to recoup.