

A good day starts with a good night's rest

For people with a mental health condition, just getting out of bed can feel difficult some days. And if you also struggle with chronic insomnia, it can be especially challenging to take care of your mental health. People with insomnia are almost 10 times as likely to have anxiety, 17 times as likely to have depression, and 2-3 times as likely to experience suicidal ideation.

With that in mind, here's your step-by-step guide to giving yourself the best chance of having a good day, no matter what else is going on in your life. Sleep is the foundation of all other healthy habits.

Step 1: Wake up and go to bed at the same time each day.

Our bodies thrive on routine. A consistent sleep schedule tells your mind and body when it's time to rest and when it's time to get movin' and groovin'. If you're struggling to adhere to your planned sleep routine, breathing exercises could help you relax. And remember, one bad night of sleep doesn't mean the whole day is ruined – just make gradual changes until good sleep becomes a habit.

Step 2: Soak up the sun.

Not only is natural sunlight good for our mental health, it also helps our sleep! Just 15 minutes of sunlight a day can make a world of difference. Set aside time for some morning sun – you can even combine it with other serotonin-boosting habits like journaling or going for a walk.

Step 3: Make sleep a safe space.

Create a sleep environment that's cool, dark, and quiet – perfect for settling in after a long day. You can add personal touches to make your sleep space feel like you, whether that's keeping a favorite book by your bed, playing soothing soundscapes, or using a weighted blanket. Charge your phone away from the bed so it's less tempting to stay up late scrolling.

Finally, **take the Sleep Checkup** to diagnose any underlying sleep problems and receive one-on-one support from our care team. No matter what challenges you're facing, you're not alone.

To learn more go to sleepcharge.com/ascip or scan the QR code.



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