



# Sleep and mental health: Two sides of the same coin



Research has shown a direct link between chronic sleep deprivation and depression, anxiety, stress, and bipolar disorder. Poor sleep and mental health frequently go hand-in-hand; in fact, more than 80% of people with depression also suffer from sleep problems.

## **Untreated sleep disorders can lead to mental health problems**

Sleep disorders such as insomnia, narcolepsy, and sleep apnea can lead to the development of mood swings, grumpiness, irregular emotional reactivity, depressed mood and depression. Sleep deprivation affects the brain's ability to properly control emotions and negative thoughts, and chronic sleep loss due to an untreated sleep disorder leads to exhaustion and an increased risk for developing deadly chronic health conditions.

## **Mental health issues can cause problems with sleep**

On the other hand, mental health conditions such as depression and bipolar disorder can lead to poor sleep quality or insomnia, which is when you have difficulty falling and/or staying asleep. When assessing the quality of your mental health, medical professionals may ask about your sleep quality for clues on how to help you manage mental health issues.

## **Sleep and mental health go hand-in-hand**

Matthew Walker, the author of *Why We Sleep*, wrote "sleep loss and mental illness is best described as a two-way street of interaction." Poor sleep and/or mental health tends to aggravate the other, while improving your sleep or mental health can improve the state of the other. To avoid the development or worsening of mental health illnesses, it's important to be evaluated for any sleep disorders and tackle poor sleep habits.

Source: Bonnet, M., & Arand, D. (2022, April 15). Risk factors, comorbidities, and consequences of insomnia in adults. In R. Benca (Ed.). UpToDate., Retrieved January 30, 2023, from <https://www.uptodate.com/contents/risk-factors-comorbidities-and-consequences-of-insomnia-in-adults>

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