

Don't let sleep loss steal your magic

Have you ever had a really, really stressful day? The kind of day where it feels like a dark cloud is following you around, causing everything to go wrong – almost as if someone put a curse on you. Maybe you didn't get enough sleep the night before, or maybe you just need a chance to breathe. Either way, you crawl into bed at the end of the day, convinced that tomorrow will be just as stressful... but then you wake up and poof! You feel magically renewed, ready to take on a new day.

Believe it or not, there's a scientific reason for this! A large, comprehensive study (compiling over 50 years of research!) backed up what we already knew to be true: sleep has a huge impact on our mood, stress level, and emotions.

Here are some of the ways that sleep loss – whether due to poor sleep, a busy schedule, or an underlying sleep disorder – can affect your emotional state:

You're more likely to wake up on the wrong side of the bed.

In other words, sleep loss puts you in a worse mood throughout the day, which can lead to reduced quality of life and psychiatric difficulties.

You might be more emotionally reactive.

When you don't get enough quality sleep, your brain's emotional processing functions are impaired...meaning small things might seem like a bigger deal than they really are.

You're more likely to experience symptoms of anxiety.

You might have trouble concentrating or making decisions and feel more tense than usual.

Given these effects, it's easy to see how losing sleep could create a vicious cycle of stress and negative emotions in your day-to-day life. You might be more likely to start an argument with your partner or snap at a coworker. For a much-needed attitude adjustment, aim for 7-9 hours of sleep each day – and take the Sleep Checkup to see specific areas where your sleep can be improved.

Source: <https://www.apa.org/pubs/journals/releases/bul-bul0000410.pdf>

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