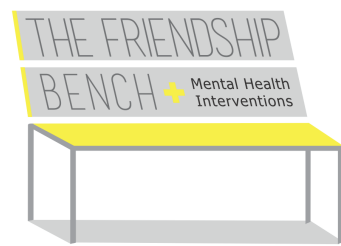
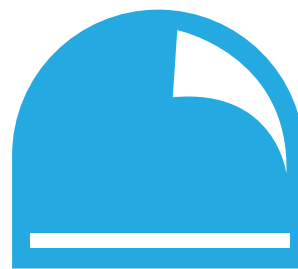


SLEEP & MENTAL HEALTH



WE SPEND
1/3 OF life
ASLEEP



... HOWEVER ...

EARLY WARNING OF A POSSIBLE MENTAL HEALTH PROBLEM can be SLEEPING TOO MUCH / TOO LITTLE

AWAKE



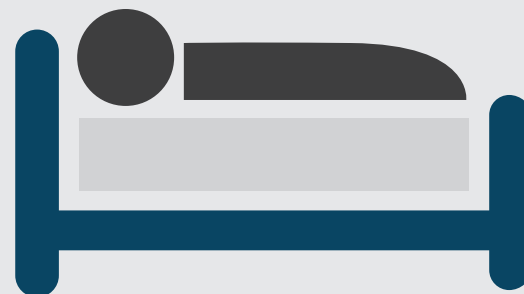
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MENTAL HEALTH PROBLEMS INCREASE THE RISK OF HAVING SLEEP DIFFICULTIES



SLEEP

too little or too much



MOOD CHANGES

depression, anxiety, other psychiatric disorders



ANXIETY can cause thoughts to race through your mind, making it difficult to sleep.



DEPRESSION AND SEASONAL AFFECTIVE DISORDER can lead to oversleeping – either sleeping late in the morning or sleeping a lot during the day.



MANIA often causes feelings of energy and elation, so you might not feel tired or want to sleep. Racing thoughts caused by mania can make it hard to fall asleep and may cause insomnia.



POST-TRAUMATIC STRESS DISORDER can cause nightmares and night terrors, disturbing your sleep. This can mean you feel anxious about falling asleep, which could lead to insomnia.



PARANOIA AND PSYCHOSIS may make it difficult for you to sleep. You may hear voices or see things that you find frightening, or experience disturbing thoughts, which make it hard to fall asleep.



Psychiatric medication can cause side effects

including insomnia, disturbed sleep or oversleeping. You may also experience sleep problems after you stop taking psychiatric drugs.

POOR SLEEP CAN MAKE PEOPLE **LESS RECEPTIVE TO POSITIVE EMOTIONS**

