



**More information
on Carna website
(carnamentalwellness.org)**



Contact

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[@carna.mentalwellness](https://www.instagram.com/carna.mentalwellness)

Who we are

**Carna is a
nonprofit
organization that
strives to provide
accessible
information
about mental
health to
everyone**

Sleep

carnamentalwellness.org

PHYSICAL EFFECTS OF SLEEP

- Decreased risk of obesity
- Can maximize problem-solving skills and enhance memory
- Shown to significantly improve speed, accuracy, and reaction times

MENTAL EFFECTS OF SLEEP

Chronic sleep problems affect people with mental health problems significantly more (90% of people with depression complain about sleep quality)

IMPROVING SLEEP SCHEDULE

- Improve sleep environment by doing things like minimizing noise and light
- Regular exercise
- Stick to a realistic bedtime
- Abstain from caffeine, alcohol, and tobacco for 4-6 hours before bedtime
- Abstain from using electronic devices for an hour before bedtime
- Try to get the recommended amount of sleep for your age group, the recommended time for teens is 8-10 hours and the recommended time for adults is 7 or more hours

CIRCADIAN RHYTHM

Circadian rhythm is our body's 24-hour clock cycle, the use of electronics before bed is harmful to our circadian rhythm because the blue light emitted by screens makes our bodies think it's still light outside, which prevents the release of "sleep hormones"

EFFECTS OF MENTAL HEALTH ON SLEEP

Poor sleep can be a contributing factor to the initiation and worsening of mental health problems, poor sleep is even associated with an increased risk of death by suicide

TOLERANCE

Many people have developed a tolerance to their lack of sleep, which makes it harder to be aware of their sleep deficiency. However, their brains and bodies still struggle and suffer the negative effects of sleep deprivation, so getting enough sleep is still super important.