

Sleep and mental health

Find information and resources to help you improve your sleep at [geisinger.org/stbw](https://www.geisinger.org/stbw)

A surprising key to better mental health? Consistent, healthy sleep.

Sleep is your body's time to recover, rebuild and recuperate. We can't recover from the stress of the day without getting the right amount, quality and timing of sleep.

In fact, people, getting healthy sleep are less likely to develop a mental health disorder than people with sleep problems.

The relationship between sleep and mental health goes both ways — sleep impacts your mental health and mental health impacts sleep.



Does your mind start to race as soon as you try to sleep?

Try incorporating breathing exercises throughout your day and as part of your wind down routine. Examples of breathing exercises include:

- Pursed lip breathing
- Diaphragmatic breathing
- Equal breathing

Watch this video to learn more.

[The connection between sleep and mental health | Dr. Anne Marie Morse explains](#)



Research has shown that the more your sleep improves, the more your mental health improves.



Do you or someone you know need mental health support? Talk to your doctor or use one of these free resources available 24 hours a day:

988 Suicide lifeline: dial or text 988

Crisis text line: text HOME to 741741

National Domestic Violence Hotline: call 800-799-SAFE (7233)