

Sleep and relationships

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

The duration, quality and timing of your sleep directly influences your mood and behavior – which directly impacts your relationships!



When we are not getting healthy sleep, it's easy to say or do things that may hurt people's feelings. Poor or insufficient sleep can make you:

- Easily frustrated
- Mean
- Impulsive
- More likely to say or do things without caring about those around you
- Distant from others

On the flip side, healthy sleep improves your mood and decreases depression — making it easier to manage your emotions and interact positively with others.

By prioritizing your sleep, establishing healthy sleep habits and working with a sleep specialist to address unresolved sleep problems, you are laying the groundwork for a great day and great relationships.

Watch this video to learn more.

[How sleep affects your relationships | Tips from Dr. Anne Marie Morse](#)



Combat moody mornings with these relaxation techniques!

- Practice mindfulness
- Let go of the past
- Try meditation