



EAP and
organizational
health

Sleep: an ally for your mental health

Why good sleep is essential and how to get it



When sleep is lacking (quantity or quality)

- Decreased positive emotions: you feel less joy and enthusiasm.
- Increased anxiety: you worry more and feel more nervous.
- Decreased concentration: you feel tired and have a harder time focusing.
- Increased risk of depression: with insomnia, this risk is about twice as high.



Tips for better sleep

- Get up at the same time, 7 days a week, even after a bad night.
- Aim for 7 to 9 hours of sleep per night.
- Put screens away 30 minutes before going to bed.
- Wind down in the evening: reading, breathing exercises, soft music.
- If sleep doesn't come, get up. Do something calm in another room and go back to bed when you feel sleepy.
- Keep the bedroom dark, cool and quiet, and limit caffeine in the 4 to 6 hours before bedtime.

**Have your sleep problems lasted more than a month? You're not alone.
Contact Brio EAP: scan the QR code.**

