HOPE

BLOG

Sleep and Your Mood: What to Know

Ask Yourself

- Do I sleep poorly 3 or more nights a week?
- Has it gone on for months?
- Has my mood dropped along with my sleep?

Habits That Help

- Same bedtime and wake time daily
- Screens off 30 minutes before bed
- No caffeine in the afternoon or evening

What You Can Do

- Bring up sleep and mood at your next visit
- List every sleep aid you take
- Thoughts of suicide? Call or text 988

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Read the full article

Sleep and Mental Health: When Poor Sleep and a Low Mood Go Together

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General information, not medical advice. Your provider can tell you what is right for you. If you are struggling, call or text 988.