

Sleep Etiquette & Mental Health



Sleeping is a super important way of getting rest and energy back, not getting enough sleep can affect your everyday life.



Lack of sleep can make every day problems harder and make emotions harder to manage.

Good sleep helps manage emotions, handle stress, and being able to think clearly

Effects of Good Sleep

- Sharp focus and clear thinking
- Stronger ability to learn and remember
- Better mood and less stress
- Faster reaction times

Effects of Bad Sleep

- High reactivity
- Quick anger
- Less joy
- Anxiety



Cutting back from screens at night



Helps your body produce melatonin, calms an overactive brain, and prevents your internal clock from getting confused. Less screen time at night also helps your brain reset.

