

LEARN TO LIVE BULLETIN

Your guide in wellness & mental health

The Importance of Sleep for Emotional Health

Do you dread going to bed each night, worrying if sleep will come at all while the hours tick by endlessly? Are you exhausted from another restless night of little to no sleep and find yourself wondering if science has discovered a real answer for this? As we recognize Sleep Awareness Month this March, it's time to focus on the vital role quality sleep plays in our emotional health. Research clearly shows strong links between poor sleep and issues like anxiety, depression, concentration problems, and more. These issues, especially when combined with sleep deprivation, can lead to challenges with work, school, relationships, impulse control, emotional reactivity, physical activity, and everyday functioning.



The good news is that science has identified the best solution: the single most impactful solution for Insomnia is CBT-I (cognitive behavioral therapy for insomnia) as shown by research. CBT-I has been proven to be even more effective than sleep medications. And the good news is that anyone can experience CBT-I through Learn to Live's Insomnia program. It is tailored specifically for sleep struggles and empowers you to build healthy sleep habits that last.

The first powerful strategy our Insomnia program introduces is a Sleep Tracker. With this, you create a personalized sleep schedule. This schedule aims to improve sleep quality and duration by controlling time spent in bed. It works by setting a strict sleep window each night, allowing just enough sleep opportunity to meet your average sleep need - no more, no less. This personalized schedule is dynamic - it changes as your sleep improves. Our Insomnia program includes other important tools including Thought Inspection (helping to challenge anxiety-producing beliefs about sleep), as well as Present Awareness and Worry Time (to reduce the impact our thoughts and worries have on us throughout the day and just before bedtime).

There are also practical tips shared such as making changes within our environment and to our lifestyle to greatly improve our sleep. Some of these you can make right away, including:

- Keeping your bedroom cool, dark, clean and simple
- Cutting out technology 1 hour before bed
- Avoiding alcohol, caffeine, and tobacco close to bedtime
- Getting regular exercise, but making sure you're done at least 1 hour before bedtime

By taking control of your sleep, you can take control of your emotional health too. Learn to Live's Insomnia program uses science's best solution to improving sleep by helping us make long lasting changes. After participating in our Insomnia program, maybe you don't need to dread bedtime anymore.

Getting Started

Healthier sleep is just a click away! This Sleep Awareness Month, commit to your mental health through proven quality sleep strategies and enroll in **Learn to Live's Insomnia program**. To start addressing your sleep concerns or other mental health challenges, you can take a quick mental health assessment by scanning or visiting learntolive.com/partners and enter access code **MMHG**. Learn to Live is available to you and your family members, ages 13 and older at no cost.

