



## CATCH SOME Z'S FOR MENTAL EASE

About 1 in 3 people in the U.S. report difficulty sleeping at least one night per week.

Numerous individuals face sleep-related issues, such as inadequate rest. These difficulties can impede daytime functioning and adversely affect work, social interactions, and family life.

### Insomnia

Roughly 50% of insomnia disorders stem from depression, anxiety, or psychological stress. Insomnia stands as one of the primary sleep disorders individuals encounter, characterized by an inability to attain the requisite amount of sleep for efficient daytime functioning.

Short-term insomnia is common and can be triggered by various factors like stress, travel, or life events. Generally, it can be relieved through simple sleep hygiene interventions such as exercise, a warm bath, or adjusting your bedroom environment.

If long-term insomnia persists for more than three weeks, it is advisable to consult with a doctor.

- **If you are having trouble sleeping.** Consider the treatment options below:
- **Good sleeping habits.** Establishing good sleeping habits involves maintaining a regular sleep schedule, avoiding stimulating activities like exercise before bedtime and ensuring a comfortable sleep environment.
- **Relaxation techniques.** Deep breathing and mindfulness can assist individuals in becoming more aware of their body and reducing anxiety related to falling asleep.
- **Sleep restriction.** This is a form of therapy aimed at increasing “sleep efficiency” by reducing the amount of time spent awake in bed.
- **Behavioral therapy.** This common type of talk therapy targets changing automatic negative thoughts that can contribute to and worsen emotional difficulties, potentially disrupting sleep.
- **Get regular exercise.** Regular activity helps to regulate body temperature, which is necessary for falling asleep.