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5 Tips for a Good Night's Sleep

1. The brain craves regularity: Go to bed and wake up at the same time every day. Most people need 7 to 8 hours of sleep.
2. Our brains are tuned to the light: Dim lights are best before bed. Get bright, natural light in the AM. Avoid using devices with screens in the evening, especially in the bedroom.
3. Keep it cool: Keep your bedroom on the cool side. Avoid very hot baths or showers just before bed.
4. Don't get overstimulated: Avoid alcohol, caffeinated beverages, nicotine and other stimulants in the evening. Eliminate sources of daytime activity such as work, school, taxes, media consumption, if keeping you awake.
5. Wind down before bed: Engage in quiet, relaxing activities. Keep a pad of paper at the bedside so you can write down and forget about busy thoughts for the night. This will help free your mind for more important things... like sleep!

For more information

If you are interested in learning more about sleep and mental health, please contact:

The Royal's Institute of Mental Health Research – Sleep Research Laboratory

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Ottawa, Ontario

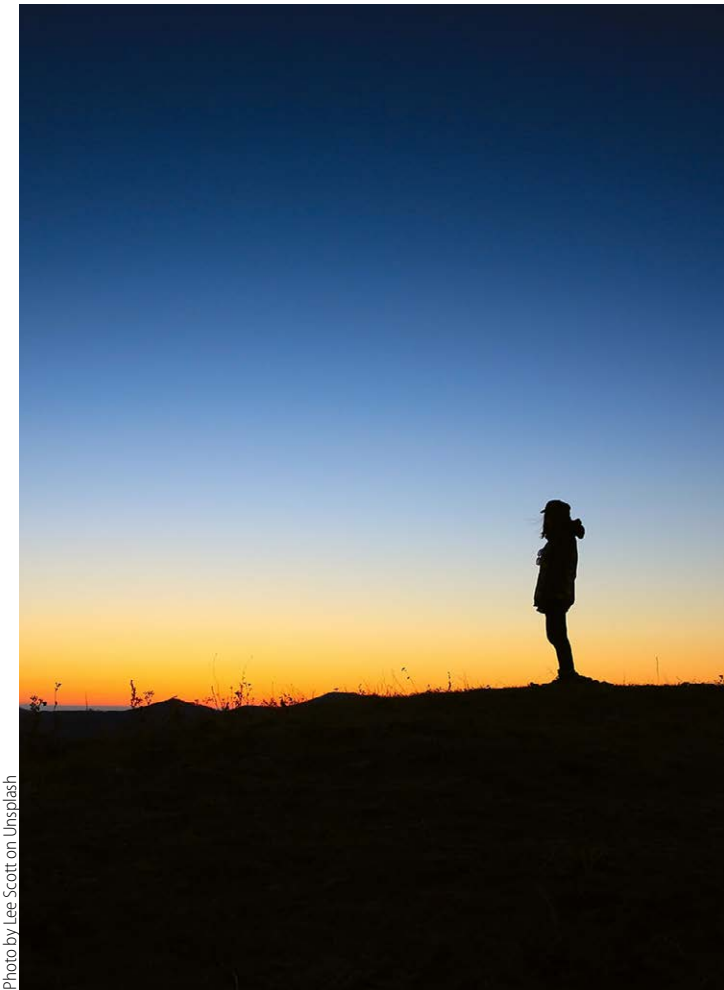
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SLEEP & MENTAL HEALTH

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Why does sleep matter?



Sleep is important for health and wellbeing: physically, emotionally, and mentally.

By not getting enough sleep, people are prone to physical health complaints, as well as increased feelings of stress, tiredness, difficulty coping with day-to-day tasks, as well as an increase likelihood to psychological problems including depression, anxiety, and particularly sleep disorders.



What are “sleep disorders”?

The term “sleep disorder” describes a wide variety of conditions affecting sleep. Many sleep disorders result from, or are triggered by, mental health conditions which may be related to biological / medical conditions.

Some common sleep disorders include:

- Sleep Apnea
- Insomnia
- Narcolepsy
- Sleep Paralysis
- REM Behaviour Disorder
- Sleepwalking
- Restless Legs Syndrome
- Circadian Rhythm Disorder

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How much sleep do I need per night?

According to the Canadian Sleep Society, the recommended hours of sleep per night are:

- **7-9** hours for adults
- **8-10** hours for adolescents
- **9-11** hours for children

