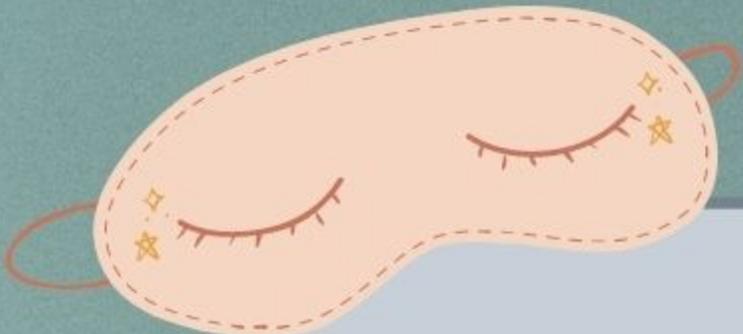


Sleep





Sleep is often viewed as a luxury; many people tend to sacrifice sleep for other things, such as studying, watching shows late at night, work, etc.

However, overlooking the potential long-term effects of poor sleeping can be consequential.

The quality of sleep can significantly impact your mood, physical health, and mental health.



A healthy, consistent sleep schedule can:



-  Lift your mood
-  Enhance your mental well-being
-  Help your body recharge and recover
-  Improve your daily functioning
-  Improve your cognitive health/abilities (memory, decision-making, ability to focus, attention, etc.)
-  Improve your performance in work, school, etc.
-  Reduce risk of mental health issues and/or prevent existing mental health issues from worsening



Sleep deprivation, poor quality of sleep, and an inconsistent sleeping pattern can be detrimental to your health.

Insufficient sleep can:

- Impair your cognitive performance (memory, decision-making, ability to focus, attention, etc.)
- Impair your ability to manage emotions
- Negatively affect overall mood
- Negatively affect your mental well-being
- Increase risk for serious physical health conditions
- Worsen existing mental health issues



How can I improve my quality of sleep and sleeping habits?

- Establish a consistent routine
- Avoid consuming caffeine (coffee, tea, chocolate)
- Avoid consuming sugar before bed
- Put away your phone and avoid looking at a screen before bed

