



The Link Between Sleep and Mental Health

Learn all about **The Link Between Sleep and Mental Health** through the *Health & Wellness Centre** Health Library. The article outlines the importance of sleep, as well some helpful tips to develop new habits or improve current sleep habits, such as:

- Tips if you're struggling to get out of bed in the morning
- Tips if you're struggling to fall asleep at night
- Get the support you need

As you try out the helpful tips, know that you might have a good night's sleep and still wake up groggy. Or go through a day just fine with little sleep. You want to avoid believing the most rigid sleep myth: A good night's sleep means everything's fine, and a sleepless night means the next day will be a disaster. This mindset can bring anxiety and more restlessness. Being flexible allows you more room to relax, making it simpler to get some quality sleep.