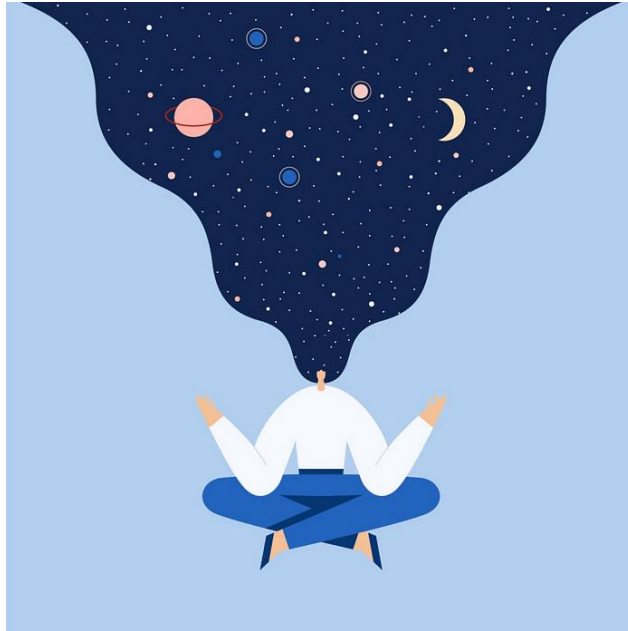


## Sleep



Sleep is as important to our health as eating, drinking and breathing. It allows our bodies to rest and repair themselves and our brains to process information and store our memories.

Good sleep is like a mental health superpower.

When you get enough sleep it's easier to manage your emotions: you have more patience, and you deal with stressful situations better. Also, you reduce your risk of mental health challenges in the future.

Yet, it's so common to struggle to sleep. That's because your sleep can be affected by many things – from the food you eat to feeling worried or anxious and even using your phone or watching TV before bed.

Getting enough sleep can improve your energy levels, your memory, attention and concentration, make you less likely to crave unhealthy snacks and help you better deal with stressful situations.

*So, how much is enough?*

It is proven that adults should have between 7 – 9 hours of sleep each night.

*Are you getting this amount of sleep?*

Here are some resources to help you see how you can get the sleep you need.

## Resources



@Alja Horvat

Headspace information about sleep and interactive quiz to see if you're sleeping enough.

<https://headspace.org.au/young-people/sleeping-well-for-a-healthy-headspace/>

Calm APP:

<https://www.calm.com/>

Head to Health – Sleep

<https://headtohealth.gov.au/meaningful-life/physical-health/sleep>

Recharge APP - The Recharge app offers a personalised 6-week program focused on improving mood, energy and wellbeing by putting in place good sleep and wake patterns:

<https://au.reachout.com/tools-and-apps/recharge#:~:text=About%20the%20app%20Recharge%20is%20a%20personalised%20six-week,to%20get%20you%20up%20and%20out%20of%20bed>

Beyond Blue Sleep Benefits:

<https://www.beyondblue.org.au/get-support/staying-well/sleeping-well>

Mood and Sleep:

<https://www.betterhealth.vic.gov.au/health/HealthyLiving/Mood-and-sleep>