



# How Better Sleep Supports Better Mental Health



Sleep is an essential part of balance between the mind, body, and spirit—a balance long valued in many Native American cultures. Yet today, ongoing stress, historical trauma, and modern life challenges can disrupt healthy sleep and, in turn, affect mental health. Sleep influences mood, emotional strength, memory, and the ability to cope with daily responsibilities. Understanding the connection between sleep and mental health is an important step toward healing, resilience, and for your overall well-being .

## Ways to Improve Sleep

### 1. Keep a regular sleep schedule

Going to bed and waking up at the same time each day helps your body find a natural rhythm.

### 2. Create a calming bedtime routine

Quiet activities like reading, prayer, gentle stretching, breathing exercises, or listening to soft music can help the mind settle.

### 3. Limit screen time before bed

Phones, TVs, and computers can overstimulate the brain. Turning them off at least 30–60 minutes before sleep can improve rest.

### 4. Be mindful of caffeine and late meals

Avoid caffeine in the afternoon and evening, and try not to eat heavy meals close to bedtime.

### 5. Make your sleep space comfortable

A dark, quiet, and cool room supports deeper sleep. Keep the bed mainly for sleep to help the body associate it with rest.

### 6. Get daylight and gentle movement during the day

Time outside, physical activity, and connection with nature can support both sleep and mental health.

### 7. Manage stress in healthy ways

Talking with trusted people, practicing mindfulness, connecting with others can help ease worries that interfere with sleep.

### 8. Seek support when needed

Ongoing sleep problems may be linked to stress, trauma, or mental health concerns. Reaching out to healthcare providers or community health resources can help.

Sleep is more than rest—it is essential to mental, emotional, and spiritual well-being. Prioritizing healthy sleep supports resilience, balance, and healing for individuals and communities alike. By making small, intentional changes and seeking support when needed, better sleep can become a powerful step toward stronger mental health and overall well-being.



If you have any questions or would like to discuss this further please contact  
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