

The Importance of Sleep for Mental Health

Sleep and Mental Wellness

Sleep is a sacred gift, essential for our physical, emotional, and spiritual well-being.

In Native traditions, sleep is often seen as a time of renewal and connection with the spirit world.

Quality sleep is crucial for maintaining good mental health. Research has shown that poor sleep is strongly linked to mental health issues, *especially in Native communities*:

- Insomnia symptoms are associated with a nearly 5 times higher risk of depressive symptoms in our young people.
- Short sleep duration is linked to increased anxiety and depression symptoms in Native adolescents.

Tapping into Native Wisdom

Remember, prioritizing sleep is an act of self-care and respect for your body and mind. By honoring our need for rest, we strengthen our resilience and nurture our mental health.

- ▶▶▶ Embrace the natural rhythms of day and night, as our ancestors did.
- ▶▶▶ Create a peaceful sleep environment, free from electronic distractions.
- ▶▶▶ Practice traditional relaxation techniques, such as storytelling or meditation, before bed.

Resources:

<https://pmc.ncbi.nlm.nih.gov/articles/PMC11151157/>

Improving Sleep Quality

To enhance your sleep and mental well-being:



Aim for 7-9 hours of sleep each night.



Maintain a consistent sleep schedule, even on weekends.



Engage in regular physical activity during the day.



Avoid caffeine, alcohol, and heavy meals close to bedtime.



Seek support if you're experiencing persistent sleep problems.

Asking for help is ok!



For Relatives living in Nebraska

All Nations Crisis Textline

Text "Support" to 33464 to chat with an All Nations team member.

Seven days a week from 8am-Midnight