

LEARN TO LIVE BULLETIN

Your guide in wellness & mental health

March is Sleep Awareness Month

You likely know from experience that sleep and mood go hand in hand. A sleepless night can leave you feeling crabby the next morning and put a damper on your whole day. You might think of sleep as an ability that we're born with, but it's actually a learned skill. Cognitive behavioral therapy can help you get to the root cause of your insomnia.



Most people know firsthand that sleep affects their mind and emotions. After all, there's a reason it's said that someone in a bad mood "woke up on the wrong side of the bed."

Emotional health conditions can disrupt sleep, and lack of sleep can affect emotional wellbeing. But this complex interaction also means that *positive change for both issues can go hand-in-hand*.

Fortunately, there are some simple yet powerful things we can do to improve our sleep, such as creating a healthy sleep routine. This is one of the many effective strategies found in Learn to Live's digital program for Insomnia, which is based on an approach proven to be most effective for sleep trouble—Cognitive Behavioral Therapy for Insomnia (CBT-i).

How can we create conditions to welcome sleep? Here are some suggestions:

- Turn off all screens at least 1 hour before bedtime. The blue light tricks our brains into thinking it's time to be alert.
- Avoid caffeine at least 6 hours before bedtime. It stimulates the body making it hard to relax and sleep.
- A dark, quiet room is best. Try turning your clock away and using white noise to drown out sounds.
- Do a calm activity before bed like some light stretching, journaling, or quietly listening to a podcast. This type of activity tells the brain and body that it's ok to shut down for the day.

If you have trouble falling or staying asleep, check out Learn to Live's digital Insomnia program. Our proven CBT-i techniques will help you understand how to use your thoughts and behaviors to improve your sleep experience and feel better overall. Visit learntolive.com/partners and use the code **INTACT1** to get started. If you're already a member, [log into your account](#) to continue or to start a new program.