

## Wellness News

Wellness Tips brought to you by Monroe's Wellness Center Team! Our goal is to empower our community on their wellness journey!



The month of March celebrates National Sleep Awareness Week March 13-19th! Why is sleep so important for our mental health? Sufficient sleep allows us to focus on our day to day tasks, regulate our emotions, and maintain cognitive skills such as attention, learning, and memory. Lack of sleep makes it difficult to manage minor stressors. Tips for creating healthy sleep habits and improving sleep are:

- 1) Keep a consistent sleep schedule (even on weekends)
- 2) Set a bedtime routine that allows you to get at least 7 hours of sleep
- 3) Create a healthy sleep environment- comfortable temperature, relaxing, and no bright lights. If you need noise to sleep, consider calming music with the [Calm](#) App.
- 4) Be active throughout the day.

To read more about how sleep impacts our mental health:

[How Sleep Deprivation Impacts Mental Health | Columbia University Department of Psychiatry](#)

[Sleep and Mental Health: Why Our Brains Need Sleep | Primary Care Collaborative](#)

[Tips for Better Sleep | CDC](#)

### Community Resources Near You:

[Santa Clara County Community Resources](#)

[Get Food | Second Harvest of Silicon Valley](#)

[Sacred Heart Programs](#)