

MARCH

World Sleep Day

World Sleep Day is held every year on the Friday before the vernal equinox, when night and day are almost the same length. This year it falls on March 13. The annual event, created by the World Sleep Society, raises awareness about sleep and its vital role in our health and well-being.

Sleep and emotional well-being

If you've ever tossed and turned after a stressful day—or felt emotionally drained after a poor night's sleep—you've experienced the powerful connection between mood and rest. The good news? Small shifts in your daily habits can help you feel more grounded, energized, and emotionally balanced.

Here are a few ways sleep impacts your mood and well-being:

- **Mood regulation:** Chronic insomnia is a risk factor for anxiety and depression and can make mood management strategies (like mindfulness or therapy) less effective.
- **Stress levels:** Poor sleep raises cortisol (stress hormone) levels and lowers levels of mood-regulating chemicals like serotonin and dopamine. Elevated stress can lead to frequent nighttime waking or lighter, less restorative rest.
- **Emotional resilience:** Without restorative sleep, even small challenges can feel overwhelming. Poor sleep reduces activity in the brain's prefrontal cortex, the part that helps us stay calm, focused, and positive.



Tips for quality sleep

To enjoy quality of sleep, consider the following habits:



- Go to bed and get up at the exact same time every single day, even on weekends, to develop a healthy bedtime routine.



- Make sure your bed and bedroom are quiet and comfortable. Keep the bedroom cool at night. Dim and turn off lights and screens well before bedtime.



- Don't drink caffeine, consume alcohol, or smoke for four to six hours before bedtime. Stop eating 2-3 hours before bedtime.



- Check and monitor all medications and supplements to ensure they're not interfering with sleep.

Practicing healthy sleep habits and mindful routines can improve mood, focus, and emotional balance. If you're having trouble falling asleep or staying asleep, reach out to your GuidanceResources® program for tools and support to help you achieve a restful night's sleep.



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