Sleep restores energy, fights illnesses and helps strengthen your reasoning. You need 6-10 hours of sleep a night. 

A lack of sleep could be to blame if you have a hard time remembering things. 

Mental Illness has many connections with lack of sleep. Depression causes fatigue and can lead to too much or too little sleep. Anxiety can cause sleep issues due to persistent, racing thoughts.

Are you getting enough sleep? 

You may have a sleep disorder if:

- It's difficult to fall asleep, you wake up too early, and/or you wake up during the night for several weeks in a row.
- You fall asleep at inappropriate times, even after a good night's sleep.
- Nightmares or night terrors frequently interrupt your sleep.
- You sleepwalk.
- Someone has told you that you seem to stop breathing when you are sleeping.

See a doctor if the symptoms to the left sound like you. You may have PRIMARY INSOMNIA, NARCOLEPSY, OBSTRUCTIVE SLEEP APNEA, OR ANOTHER SLEEP DISORDER. See what help is available for you. 

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Minding Mental Health