

# Sleep and Mental Health



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## Today we will explore:

- Understanding connections between sleep hygiene, mental health, and well-being
- Tools and tips for improving your sleep and mental health
- Available resources to support your sleep health



# Neal Kennington, PhD

## Director of Clinical Partnerships, Spring Health



- Master's degree and doctorate (PhD) in Clinical Psychology from the California School of Professional Psychology
- Completed a clinical residency with the United States Air Force and served five years as an active duty clinician
- Licensed clinical psychologist with experience in individual and group therapy, specializing in psychological assessment, trauma, and anxiety disorders
- Most recently worked as a senior government health consultant, providing services to the Department of Defense/Defense Health Agency
- Father of two

# What brought you here today?

Please use the chat to share what are you hoping to learn from today's session?





## What is **mental health**?

*“A state of well-being in which every individual **realizes their own potential**, can **cope** with the normal stresses of life, can **work** productively and fruitfully, and is able to **make a contribution** to their community.”*

– World Health Organization



# Audience Poll

**How many hours of sleep do you get most nights?**

1. More than 8
2. Between 6–8
3. Between 4–6
4. 4 or less
5. It varies



# How much sleep do we really need?

AGE GROUP		RECOMMENDED HOURS OF SLEEP PER DAY
CHILDREN	1 - 12 years	9-13 hours per 24 hours (including naps)
TEENS	13 - 18 years	8-10 hours per 24 hours
ADULTS	18-60 years	7 or more hours per night
	61 - 64 years	7-9 hours
	65 years +	7-8 hours

# Ask yourself

**Do you experience any of the signs of poor sleep quality?**

- Not feeling rested the next day
- Waking up throughout the night
- Snoring or gasping for air throughout the night
- Taking a long time to fall asleep (sleep latency)
- Waking up and not being able to fall back asleep



# Common Sleep Problems

**INSOMNIA**



**SLEEP APNEA**



**NARCOLEPSY**



**RESTLESS LEG SYNDROME (RLS)**





# Poll Question

**What percentage of adults are NOT getting quality sleep per night?**

- A. 10–20%
- B. 20–40%
- C. 40–50%
- D. 50–70%
- E. More than 70%

**If you're  
experiencing  
poor sleep,  
you're not alone!**

**30-40%**

of adults are not  
getting the minimum  
sleep they need  
(7+ hours per night)

**50% >**

of teens are not  
getting the sleep they  
need (8+ hours of  
sleep per night).

**25%**

of the population  
experience  
acute insomnia.

**5-10%**

of adults suffer from  
sleep apnea.





**Using the chat feature  
please type how you  
feel when you don't get  
enough sleep.**

Please wait to hit enter so we all hit enter at the same time.



# General health consequences of poor sleep health

**Poor rest is associated with a wide range of adverse health outcomes:**

- Impaired performance
- Obesity
- Hypertension
- Diabetes
- Poor mental health
- Inflammation
- Mortality



# Do you know how poor sleep impacts your mental health?



Memory Problems



Paranoia



Loss of alertness,  
concentration reasoning skills  
and problem-solving skills



Depression



Suicidal Thoughts



Anxiety



Irritability



**Developing good  
sleeping habits and  
improving your  
mental well-being**

Consider this

**What do you think is impacting your sleep quality the most?**

1. **Timing**
2. **Bedroom space**
3. **Bed behaviors**
4. **Pre-bedtime consumption**
5. **Lack of calmness**







**Always remember that you are  
absolutely unique. Just like everyone  
else.**

***-Margaret Mead***





# Tips and Tricks to Getting Better Sleep

## TIMING

- Schedule
- Routine



# Tips and Tricks to Getting Better Sleep

## BEDROOM SPACE

- Temperature
- Bed
- Work boundaries
- Screens
- Noise
- Lighting
- Notebook by your bed



# Tips and Tricks to Getting Better Sleep

## BED BEHAVIORS

- Use bed for bed
- 20 minute limit
- Avoid screens





# Tips and Tricks to Getting Better Sleep

## CONSUMPTION

- Snacks
- Avoid caffeine, alcohol and nicotine
- Exercise earlier
- Short naps
- Acknowledge and let it go



# Addressing stress levels and self care are vital



# Check in on yourself

Reflect on your own sleep patterns

Gather data

Sleep diary

Stress levels



# When to talk to your doctor.

You should seek medical help when sleep issues are impacting your life

Keep a sleep diary (10 days). Track when you:

- Get into bed.
- Fall asleep (estimate)
- Wake up.
- Get out of bed.
- Take naps.
- Exercise.
- Drink alcohol.
- Drink caffeinated beverages.





# Poll Question

**What helps you to sleep better?**

- A. Limiting screen time right before bedtime
- B. Engaging in a consistent sleep routine each night
- C. Restricting caffeine intake
- D. Other: Add it in the chat- share ideas!



# Calming habits

Try incorporating relaxation techniques into your bedtime routine, about 30 minutes before. These can include:

- **Meditation**
- **Deep Breathing**
- **Guided Imagery**
- **Mindfulness**

Release any negative thoughts or worries you may have by writing them down and returning to them the next day when you can properly problem-solve.



# Box Breathing

## Step 1

Sitting upright, slowly exhale through your mouth, getting all the oxygen out of your lungs. Focus on this intention and be conscious of what you're doing.

## Step 2

Inhale slowly and deeply through your nose to the count of four. In this step, count to four very slowly in your head.

## Step 3

Hold your breath for another slow count of four.

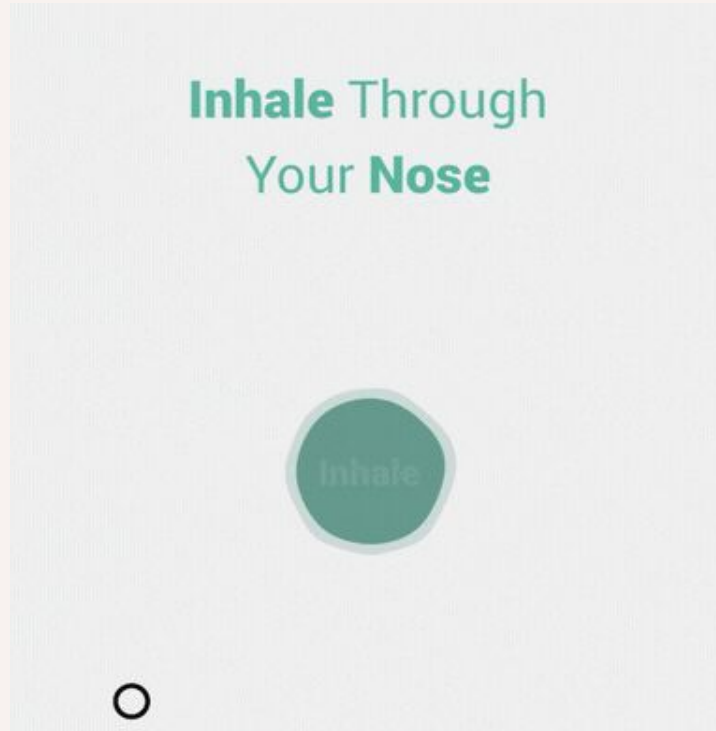
## Step 4

Exhale through your mouth for the same slow count of four, expelling the air from your lungs and abdomen. Be conscious of the feeling of the air leaving your lungs

You can picture drawing a box in your mind while doing this exercise – imagine drawing one side as you do each step.



## Let's take a second to breathe





## Encouraging Action

Please use the chat to  
share one take away  
from our discussion

# When should you talk with Spring?

**There is never a wrong time to seek help.**

Some signs you may notice in yourself or someone else:

- Confused thinking
- Trouble focusing at work
- Prolonged depression, sadness or irritability
- Feelings of extreme highs and lows
- Excessive fears, worries and anxieties
- Social withdrawal
- Changes in eating or sleeping habits
- Strong feelings of anger
- Inability to cope with daily problems or activities
- Suicidal thoughts
- Denial of obvious problems
- Numerous unexplained physical ailments
- Substance abuse
- Intense fear of weight gain
- Prolonged negative mood



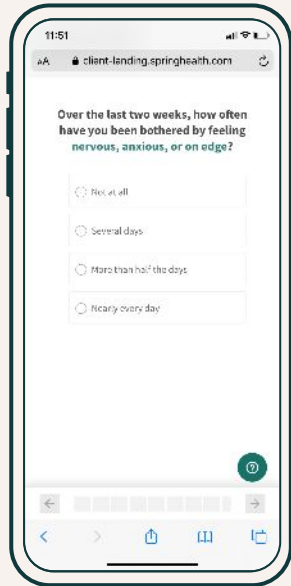
## **Our Mission**

**Help individuals and organizations thrive by eliminating every barrier to mental health.**

# The Spring Health Experience

Four steps to start feeling your best

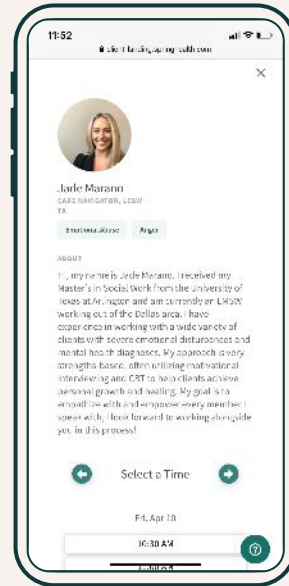
## Comprehensive Assessment



## Personalized Care Plan



## Dedicated Care Navigator



## Access to Care





# At no cost to you, Spring Health provides:



**Personalized care.** Take an online mental health assessment designed to find the right care for your needs, and helps track your progress too.



**Dedicated support.** Care Navigators help find the right therapist, set appointments, give advice, and offer emotional support along the way.



**Therapy.** Meet with a trusted therapist in as soon as two days – you and your dependents each have 8 sponsored sessions covered at no cost by Clorox.



**Work-life services.** Talk to experts and find support for legal assistance, financial services, child or elder care, travel, and more.



**Medication Management.** Meet with in-network prescribers who can help you manage your medications during care when needed.



**Coaching.** Motivational coaches can help you set and meet goals around managing stress, relationships, parenting, and more.



**Wellness exercises.** Use Moments, an on-demand library of self-guided exercises to improve mental wellbeing, with programs for anxiety, burnout, better sleep, and more.

# A provider network as diverse as the members we support

15

Unique racial  
backgrounds

29

Languages  
spoken fluently

30%

Providers specializing  
in LGBTQIA+

25+

Unique treatment  
modalities

# Access Moments anytime, anywhere

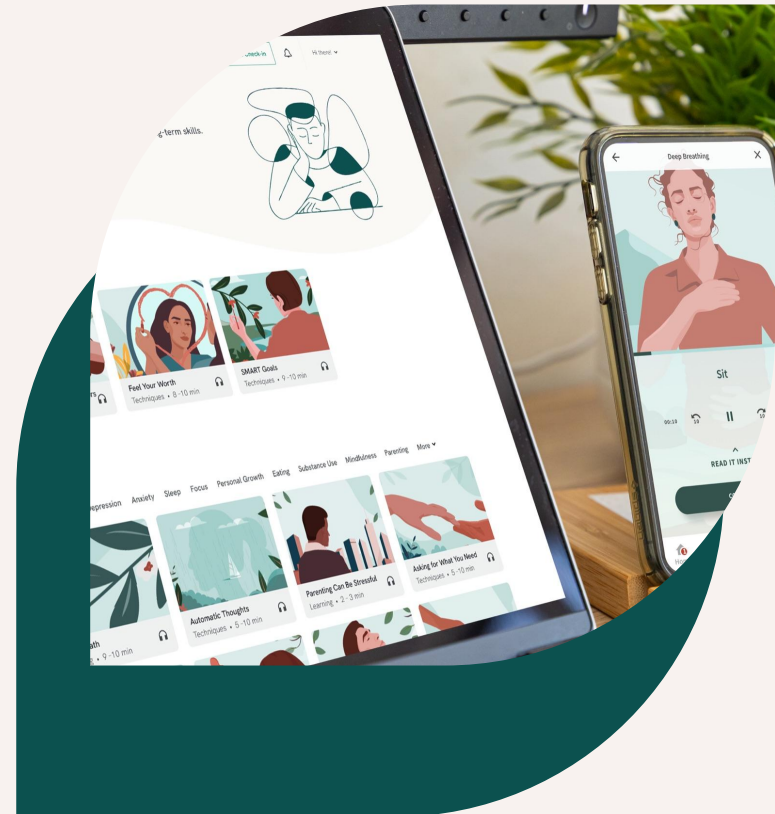
## Tap or click for unlimited, on-demand access

Moments is available from the Spring Health mobile app or web app for relief whenever you need it, at home or on-the-go.

## Part of a comprehensive mental health journey

Spring Health will recommend Moments at the right time for members, based on their most recent assessment results.

Moments exercises help support progress outside of therapy sessions. Care Navigators and Providers may recommend specific Moments exercises for members to practice on their own time as an alternative or supplement to therapy





# WellSprings

A new kind of conversation by Spring Health



Curiosity



Connection



Support

At Spring Health, we believe in the restorative power of sharing.

We've seen the results: insightful conversations about emotions and experiences often deepen self-awareness and improve overall wellbeing. Each WellSprings session is 45 minutes long and capped at 20 participants to allow for strong connection and conversation.

Visit [clorox.springhealth.com](https://clorox.springhealth.com) to learn more and register for an upcoming session.



# Access Tools That Can Help You Feel Like Your Best Self

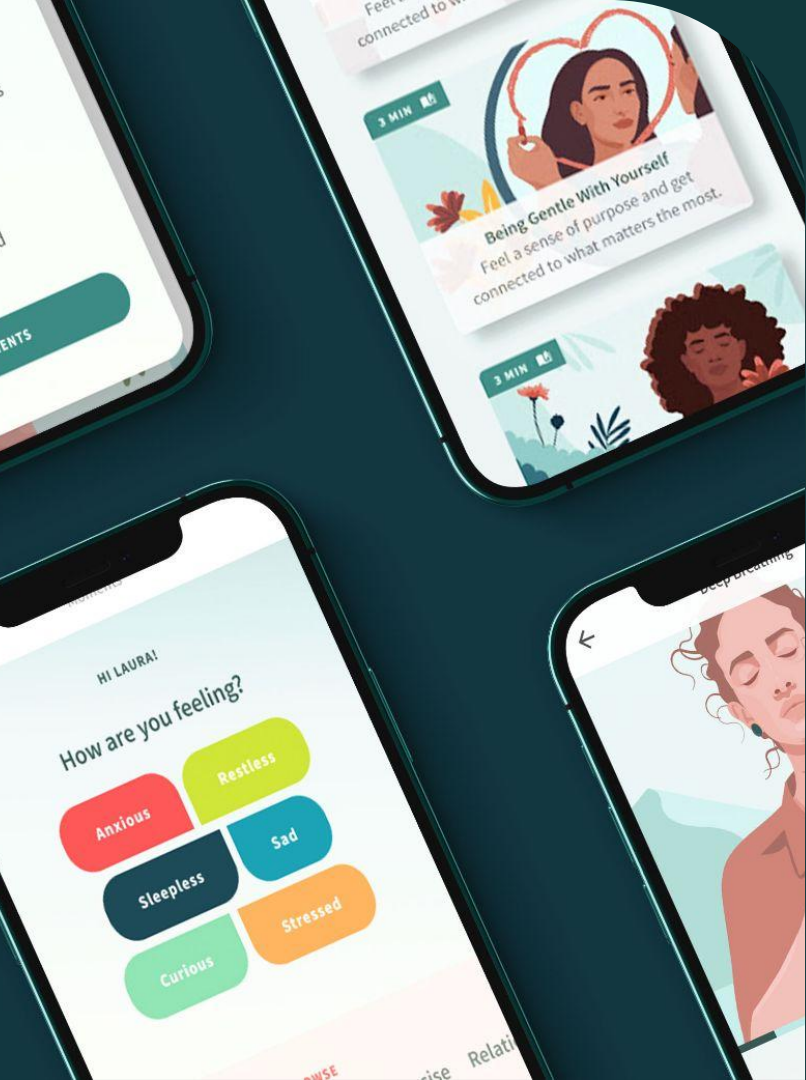


Gain access to *Moments* by searching “Spring Health Mobile” in your app store.

Online: [clorox.springhealth.com](https://clorox.springhealth.com) Access Code: clorox

Phone: 855-629-0554

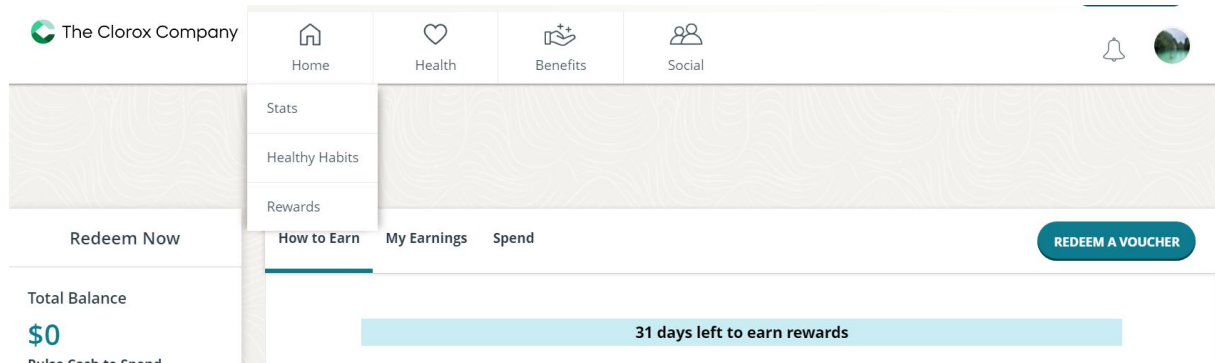
Using Spring Health is 100% confidential



# Earn 500 Virgin Pulse points



- For participating in the Spring Health Webinar: “Sleep and Mental Health” you earned 500 Virgin Pulse points.
- To redeem your points log-in to the Virgin Pulse portal > Home > Rewards > Redeem Voucher



Enter code  
nx4m-BGHA-an

Expires 4-15-23





A recording on this webinar will be available on [www.cloroxbenefitsinfo.com](http://www.cloroxbenefitsinfo.com) next week

## Questions?

We want to hear from you! Please use the Q&A feature for your questions.  
Thank you!



The Clorox Company



**Thank You**

