

National Sleep Awareness Week

Did you sleep well last night? Your answer to this question could tell others much about your mood and energy level today. It has been found that the emotion centers of the brain are over 60% more reactive after missing a single night's sleep (*ScienceDaily*, 2007).

To anyone who has suffered a sleepless night, these results probably aren't surprising. However, they do offer insight into the link between depression, anxiety, and sleep problems. If you find that you have more than an occasional poor night's sleep, or if you feel exhausted during the day despite sleeping through the night, it may be a sign that you are suffering from depression, anxiety or another mental health condition.

Because sleep is so important to your mental health, **Metropolitan Counseling Services** is honoring National Sleep Awareness Week, March 7-13, by offering you the opportunity to complete a free, anonymous screening for depression, anxiety and other common mental health conditions. The screenings are available at:

<http://www.mentalhealthscreening.org/screening/Welcome.aspx>

We hope that you will take advantage of these screenings as a way to look at how you have been feeling and to make sure depression or another mental health condition is not getting in the way of your good night's sleep.

ScienceDaily. (2007, October 23). *Sleep Loss Linked to Psychiatric Disorders*. Retrieved December 9, 2009, from <http://www.sciencedaily.com/releases/2007/10/071022124729.htm>