

The link between our sleep health and mental health

The nation's sleep health is strongly associated with the nation's mental health.



Over 90% of American adults with very good overall sleep health say they **have no significant depressive symptoms**.

SLEEP AND DEPRESSIVE SYMPTOMS



Almost 7 in 10 Americans (65%) who are dissatisfied with their sleep also experience mild or greater levels of depressive symptoms.



People with difficulties falling or staying asleep just 2 nights a week have higher levels of depressive symptoms than those without sleep difficulties.



NSF recommends 7-9 hours of sleep a night for most adults. 50% of all adults who sleep less than that recommendation also experience mild or greater levels of depressive symptoms.

BE YOUR BEST SLEPT SELF®



Over 90% of Americans who engage in high levels of healthy sleep behaviors like the NSF's Best Slept Self framework **have no significant depressive symptoms**.



For anyone experiencing suicidal thoughts, **contact the Suicide and Crisis Lifeline** by calling or texting **988**.