

LACDMH Mental Wellness Series

Good Sleep for Emotional Wellbeing

Why Is Sleep Important?

- Keeps your heart healthy
- Reduces stress
- Makes you more alert
- Bolsters your memory
- May reduce your risk for depression by reducing stress
- Helps body make repairs



Sleep Changes as We Age

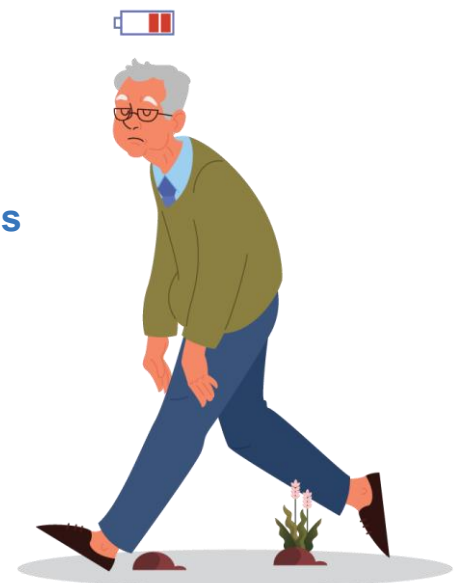
- Takes longer to fall asleep
- Wake up more often during the night
- Sleep early in the evening and wake up earlier in morning
- Less deep sleep

Symptoms of Sleep Problems

- Have trouble falling asleep even though tired
- Have trouble getting back to sleep when awakened
- Don't feel refreshed after night's sleep
- Feel irritable or sleepy during the day
- Have difficulty staying awake when sitting still, watching TV or driving.
- Have difficulty concentrating during the day
- Rely on sleeping pills or alcohol to fall asleep
- Having trouble controlling your emotions

Some Things That Contribute to Sleep Problems

- Smoking
- Pain
- Certain medicine
- Drinking alcohol or caffeinated drinks
- Sleep disorders
- Changes in hormones



Tips on Getting Better Sleep

- Set a schedule
- Limit “cat naps”
- Only use bedroom for sleep
- Avoid caffeine, nicotine and alcohol
- Don’t lie in bed for long time if not going to sleep
- Increase exercise and exposure to sunshine
- Use relaxation techniques
- Limit worry to the daytime



Helpful Contacts

Los Angeles County Department of Mental Health (LACDMH)

Help Line – (800) 854-7771 (Press “2” for Emotional Support Line), 10:30 a.m. to 9 p.m., 7 days a week, available in multiple languages.

Additional resources available at: <http://dmh.lacounty.gov/resources>.

LACDMH GENESIS – (213) 351-7284. GENESIS provides field-capable mental health services to adults age 60 and over.

Los Angeles County Information Line – 211. Available 24/7 in multiple languages.

Adult Protective Services (APS) Elder Abuse Hotline – (877) 477-3646.

988 Suicide & Crisis Line. 988 is a 24/7 confidential and free emergency line for mental health related distress, including thoughts of suicide as well as substance use crisis.

For scheduling, please contact:

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