

GOOD, SUFFICIENT SLEEP FOR MANAGING SOCIAL ANXIETY

INFORMATION SHEET

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Sleep is a critical aspect of mental and physical health, and it can significantly impact the severity of social anxiety symptoms. Lack of sleep or poor sleep quality can increase stress and anxiety levels, making it challenging to manage social anxiety.

Here are some guidelines to help improve sleep quality and quantity for people with social anxiety:

1. Establish a consistent sleep routine: Go to bed and wake up at the same time every day, even on weekends.
2. Avoid caffeine and screens before bed: The blue light from screens can interfere with sleep, and caffeine can make it harder to fall asleep.
3. Create a relaxing sleep environment: Keep the bedroom cool, dark, and quiet, and consider using a white noise machine or an eye mask to block out light and sound.
4. Aim for 7 to 9 hours of sleep: While this is a general recommendation, the amount of sleep each person needs varies. Pay attention to how you feel during the day to determine if you need more or less sleep.
5. Consider napping: For some people, napping during the day can help improve energy levels, but for others, it can interfere with nighttime sleep. Find what works best for you.

Good, sufficient sleep has numerous benefits, including reducing anxiety levels and improving overall mood and energy levels. Establishing healthy sleep habits can be a powerful tool in managing social anxiety and improving overall well-being.



- Avoid caffeine, especially in the late afternoon or evening
- Avoid screens (e.g. smartphones, tablets, laptops) before bedtime
- Avoid vigorous physical activity before bedtime
- Avoid large meals before bedtime
- Avoid staying in bed awake for more than 20-30 minutes. Get up and do something relaxing until you feel tired.

Please note that this information is not intended to replace the advice of a healthcare professional.