



## Brighter Outlook Newsletter

Monthly help from DepressionRecoveryGroups.com

January 2011



### Sleep Glorious Sleep

When we get depressed we often have sleep issues. We either sleep too much or too little. Our sleep is usually disturbed or unsatisfactory. We long for that sweet sleep that seems to come so easily to infants. When we awaken we want to feel rested and have lots of energy.

As it turns out we are not alone: 50% of all respondents in a national survey recently conducted by Consumer Reports said that they frequently had trouble falling asleep or staying asleep, or regularly woke up too early. One in five said that they had used either prescription or over-the-counter drugs at least once in the last week.

So why are so many of us having sleep problems? It seems that mood disorder or not, there are often both "sleep hygiene" issues and sleep cognition or thinking issues. This of course assumes that there is not a medical problem like sleep apnea, congestive heart failure, chronic pulmonary disease, head or brain injury, etc. And for those who have mood disorders, it is possible that the mood disorder is causing the sleep problem. But there is also evidence that the reverse is true, that our sleep problem might be a cause of our mood disorder.

So what's a person to do? On the sleep hygiene front there are a set of simple rules you should follow to make it more likely that you will sleep well. They include things like avoiding caffeine or stimulants after dinner, not drinking alcohol or smoking near bedtime, not exercising too near bedtime, etc. On the cognitive front there can be unrealistic expectations about sleep like, "I must sleep the whole night through to have a good night's rest," or "If I don't get enough sleep, I won't do well the next day".

In general, it is also very important to reduce your stress and particularly sleep-related stress. This is easy to say but can be challenging to do. A simple approach is to consider what we do to prepare children for sleep. When we put a child to bed we use a routine that includes getting into pajamas, brushing teeth, reading a story, etc. For adults this means beginning at least 30 minutes before bedtime and preparing ourselves for a smooth transition to restful sleep. This should include discontinuing work, doing something quiet like reading a book, being in a dimly lit room, etc. Meditation can be a very effective way to put our minds to rest and begin our nighttime slumber. This will be a topic we cover in an upcoming newsletter.

### In This Issue

[Sleep Glorious Sleep](#)

[Recommended Resource:  
Sleep Disorders for  
Dummies](#)

[Video: Sleep Like a Baby](#)

### A Participant's Comments

*I've been in years of therapy sessions, motivational courses, 100's of self-help books and the couple of tips I learned today were actually a "relief" to me. I'm planning to use these tips and am hopeful that they will work for me.*

### Quick Links

[Register for a Meeting](#)

[Depression Recovery  
Groups](#)

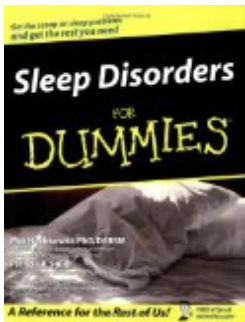
### Roses Blooming Outside Our Windows

*One of the most tragic things I know about human nature is that all of us tend to put off living. We are all dreaming of some magical rose garden over the horizon - instead of enjoying the roses blooming outside our*



## Recommended Resource

***Sleep Disorders for Dummies***, by Max Hirshkowitz



This well organized and easy to use book will help you understand any sleep issues you may have. Importantly, it will give you many options for resolving your sleep troubles. This book also gives sound advice about good general sleep practices and how to deal with common sleep disrupters. Don't be put off by the title - this is a great book for helping you get the sleep you need. [Read More](#)



## Video: Sleep Like a Baby



Depression often causes poor sleep and poor sleep can lead to depression. Learn how to improve your sleep to reduce depression and get going again.

[Play Video](#)

*windows today.*

Dale Carnegie

## In Next Month's Issue

### ***SPECIAL EDITION: New Depression Recovery Groups Features***

- Quicker, easier login
- View schedule in your time zone
- Keep track of your meetings
- Share and set recovery goals

## Follow Us!



[www.DepressionRecoveryGroups.com](http://www.DepressionRecoveryGroups.com)

Depression Recovery Groups © 2012