

Impact of Sleep

At least 1 in 3 U.S. adults reports that they usually get less than the recommended amount of sleep - at least 7 hours.

Getting enough sleep should be taken seriously - it is something people need for good physical and emotional health at all ages.

Sleep & SMI

While 18% of the general population experience chronic sleep problems, nearly 80% of individuals with mental health conditions experience chronic sleep problems.

80% of Thresholds members have a documented sleep disturbance affecting their wellness.

Sleep & Mental Health

Sleep & mental health often get caught in a negative cycle.

People who experience depression may see a cycle of insomnia and restlessness leading to poor sleep.

Depression

This can affect treatment efforts, create symptom relapses or even heighten suicidal ideation.

Insomnia

Lack of sleep can worsen the experience & symptoms of depression like irritability & fatigue that affect daily functioning.



Research Report:

SLEEP & WELLNESS

Thresholds
Health Literacy
90DPHF0001

Sleep & Overall Wellness

Why is Sleep Important?



1 Heart Health

Reduced sleep - even 7 hours a day or less - shows predictive signs for heart attack and other cardiac disease related deaths.

2 Diabetes

Lack of sleep can increase risks of Type 2 Diabetes.

Luckily, studies also show that regulating sleep & getting more rest can reduce risks as well as promote better diabetes management.

3 Obesity

Poor sleep affects weight management by:

- Increasing appetite
- Less sleep = more daily time to eat
- Feeling tired reduces physical activity
- Lowers body temperature so less energy is expended during sleep

Sleep & Immune Health

The Research & Training Center on Health & Function at the University of Illinois at Chicago highlights the importance of sleep on immune health in a wellness manual for people in recovery.



Scan this QR code for the manual and check out module 3 to learn more about the role of sleep on immune system health.

Sleep Issues for Thresholds Members

Thresholds members who experience problems with their sleep also have diverse mental health conditions. The majority are people with schizophrenia.

37%

Schizophrenia Spectrum Disorders

26%

Bipolar Disorder

21%

Major Depressive Disorder

A Pilot Sleep Survey

A small survey of members living with schizophrenia rated sleep disturbance using the standard Sleep Quality Scale.

Among these Thresholds members:

71%: Poor sleep makes it hard for me to think

53%: I have difficulty falling asleep

47%: Poor sleep makes my life painful

Among members who experience schizophrenia, **44%** reported needing clinical supports for their sleep difficulties.

Clinical Needs for Sleep Intervention 15%

Rated their sleep disturbance as dangerous, disabling, or requiring action or intervention.

29%

Identified sleep needs requiring monitoring, watchful waiting, or preventive activities.