

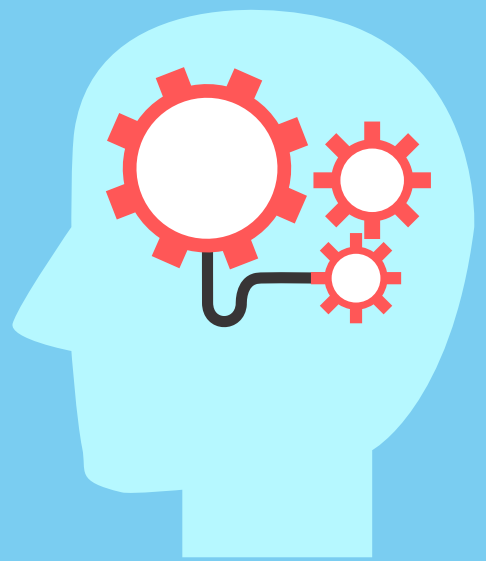


SLEEP PROBLEMS & PSYCHOSIS

SLEEP PROBLEMS OFTEN GO ALONG WITH PSYCHOSIS.

Around 80% of people experiencing psychosis also experience problems with their sleep.

(Waite, Myers, Harvey & et al., 2015)



Sometimes it's hard to recognize when sleep problems are happening. Make sure to talk to your provider team about your sleep so that they can help support you.



IMPROVING YOUR SLEEP WILL HELP YOUR SYMPTOMS OF PSYCHOSIS.

Getting better sleep is associated with improvements in psychosis, hallucinations, depression, anxiety and overall psychological stress.

Waite et al., 2020; Chiu et al., 2018

DON'T WAIT TO ADDRESS SLEEP!

You shouldn't wait for your symptoms of psychosis or other mental health problems to get better before you address sleep. Better sleep is a key part of helping those symptoms to improve.



YOUR SLEEP CAN GET BETTER!

Don't assume that treating your sleep is hopeless. Sleep treatment is very effective for people experiencing psychosis!

