

How did you sleep last night?

Mental Health Awareness Week 2011 23–30 May

Sleep problems can affect every aspect of our lives – **our relationships, our mood, our ability to concentrate, function and complete day to day tasks.** These factors can have a major impact on our health and wellbeing.

Visit www.howdidiyousleep.org to find out more and download our range of resources to help improve the quality of your sleep.

sleep

sleep

changing
minds

sleep



How did you sleep last night?

Up to one third of the population suffers from insomnia



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Sleep is essential to our physical and mental health.

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How did you sleep last night?

Sleep disorders put sufferers at a greater risk of **health problems ranging from depression and anxiety to immune deficiency and heart disease.**

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