

Dear Mount Sinai Community,

In recognition of October being National Depression and Mental Health Screening month, we in the Office of Well-Being and Resilience are promoting the “Our Mental Health” campaign, which will feature these weekly messages through the end of the month.

Please see below (and attached as a pdf) for information on sleep, including sleep hygiene tips, support options, and available resources. Our colleagues at the [Center for Stress, Resilience and Personal Growth](#) put together a video with relaxation exercises available [here](#), which we hope you will find helpful.

The Center for Stress, Resilience and Personal Growth and the Hasso Plattner Institute have also developed a free and confidential app called Wellness Hub that serves as a resource around emotional well-being and resilience. In this app, you can complete anonymous surveys about your overall well-being, receive feedback and recommendations instantly, connect to resources, and build your personal resilience. New content will be pushed to the app regularly. It is available for iOS on [Sinai Central](#), under Employee Self Service, and will be available for Android platforms shortly. This link takes you to a list of [resources](#) available to Mount Sinai employees, students and trainees for emotional and spiritual support. We hope you make use of these offerings,
The Office of Well-Being and Resilience

“Our Mental Health: Acknowledge, Accept, Act” Sleep

Sleep

During times of stress, it may be difficult to get a good night's rest. It is normal to have trouble falling asleep once in a while, whether it is due to anticipation for tomorrow, the post-work nap you took, or the 8 pm coffee you had. However, consistently having difficulty falling or staying asleep is something worth taking a closer look at. A good night's rest can help you be more alert and be more ready to face next day's challenges. Below are some tips that may be helpful in getting you some well-deserved rest:

Sleep Hygiene Tips

Avoid rigorous activity too close to bedtime.



Avoid caffeine, nicotine, and alcohol before bedtime.



Limit screen time, dim the lights of your surroundings to prime your body for bedtime.



Go to bed at the same time every night and keep a bedtime routine. This helps program your own circadian rhythm.



If you must nap, nap for short intervals, like 20 minutes during the day. For some, any nap during the day can be disruptive to sleep.



Make sure where you sleep is comfortable and conducive for sleep. Investing in black-out curtains or a white-noise machine can be really helpful.



Do not do work in your bed. Your body should only associate your bed with soothing activities such as resting.



Treatment

Sleep disturbances can be a standalone problem, or can be a symptom of, or comorbid with, other mental and physical health conditions.

Treatment options include:

Psychotherapy



Self-care and stress reduction



Medications



Due to the multifactorial nature of sleep disturbances, a consult with a primary care doctor, psychiatrist, or sleep specialist may be helpful.

MOUNT SINAI EMPLOYEE AND STUDENT RESOURCES

Office of Well-being and Resilience



CENTER FOR STRESS, RESILIENCE, AND PERSONAL GROWTH

Call for support, resilience training workshops, care referrals and help with navigating all MSHS resources.

212-659-5564

bit.ly/MS-CSRPG

OUTPATIENT PSYCHIATRY TREATMENT

Call any site for mental health evaluation and treatment

Mount Sinai Downtown: 212-420-2400

The Mount Sinai Hospital: 212-241-5947

for children and adolescents 212-241-7175

Mount Sinai Morningside/West: 212-523-8080

for children and adolescents 212-523-3082



THE OFFICE OF WELL-BEING AND RESILIENCE

Facilitated discussions, narrative medicine, and mindfulness training

tiny.cc/wellnessrequests



ICARE PEER SUPPORT

For all clinical employees and trainees

Peer emotional support

212-241-8989



EMPLOYEE ASSISTANCE PROGRAM

Short-term counseling and referral

212-241-8937



PSYCHIATRY FACULTY PRACTICE ASSOCIATES

Mental health evaluation and treatment

212-659-8752

psychiatryfaemssm.edu

 UMR Insurance



STUDENT AND TRAINEE MENTAL HEALTH

212-659-8805

stmhemsam.edu

24/7 SUPPORT AND CRISIS HOTLINE

212-241-2400

1-866-339-7725

For crisis support you can reach a Suicide Prevention Lifeline at 1-800-273-8255

or text HOME to 741741 to connect with a Crisis Counselor