

## Mental Health Awareness

### Depression

- An estimated 300 million people worldwide have depression or some type of mood disorder, making it one of the most common mental health disorders.<sup>1</sup>
- Around 75% of people who suffer from depression show symptoms of insomnia and excessive daytime sleepiness or hypersomnia (sleeping too much). It was once believed that sleeping issues came about because of depression, but more evidence is showing that poor sleep can trigger or worsen depression.<sup>1</sup>

### Anxiety Disorders

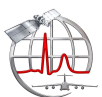
- Anxiety disorders can cause excess fear or worry that can affect day-to-day activities and lead to an increased risk for chronic health conditions such as heart disease or diabetes. Some examples of these disorders are generalized anxiety, social anxiety, panic disorder, specific phobias, obsessive-compulsive disorder (OCD), and post-traumatic stress disorder (PTSD).<sup>1</sup>
- Anxiety disorders have a strong association with sleeping problems. Constantly worrying or being afraid can lead to a state of hyperarousal where the mind is constantly racing. This can lead to a vicious cycle where the lack of sleep can contribute to worry and increased anxiety which in turn makes it hard to sleep.<sup>1</sup>

### Bipolar Disorder

- Bipolar disorder involves episodes of extreme moods that can be high (mania) or low (depression). Symptoms and feelings can vary by person; however, both mania and depression can severely impede everyday life.<sup>1</sup>
- Sleep patterns can change significantly in a person with bipolar disorder depending on their emotional state. During a manic episode, a person may feel that they need less sleep, but during a depressive one they may sleep too much. Having poor sleep habits can worsen manic or depressive episodes.<sup>1</sup>

### Attention deficit/ hyperactivity disorder (ADHD)

- Attention-deficit/hyperactivity disorder (ADHD) is a neuro developmental disorder that involves reduced attention span and increased impulsiveness. It is usually diagnosed in children, but it may last into adulthood.<sup>1</sup>
- Sleep problems are common in people with ADHD as they have trouble falling asleep, wake up frequently, or have excessive daytime sleepiness. Other sleep problems such as obstructive sleep apnea and restless leg syndrome (RLS) can be more frequent in those with ADHD.<sup>1</sup>



## What is chronotype?

You may be unfamiliar with the term “chronotype” which is the natural inclination of the body to sleep at a certain time. You may know this as the early bird vs night owl. Chronotype can have an influence on appetite, exercise, and core body temperature.<sup>2</sup>

Chronotypes fall on a spectrum with most people falling somewhere in between an early bird and a night owl. Some researchers refer to the inbetweeners as “hummingbirds” while some have added a fourth category called “bimodal” to reinforce the idea that some people can identify with some aspects of the early bird and some with the night owl.<sup>2</sup>

Chronotypes can vary from person to person depending on genetics, age, and other factors. Some scientists even believe it can differ based on geographical location due to changes in daylight hours. Typically, most children have an early bird chronotype. During adolescence, the chronotype is pushed back which is why teenagers may have a hard time waking up. It may not be that teenagers are “lazy”, their chronotype is shifting so it can make it harder for them to get up earlier. As you enter adulthood, usually around 20, your chronotype gradually shifts earlier and earlier.<sup>2</sup>

To figure out your chronotype, you can take some online quizzes. Scan the QR code to take a popular one made by Dr. Michael Breus. He describes four different chronotypes based on sleep-wake patterns that he categorizes as a lion, bear, wolf, and dolphin.

Take the quiz and find out which animal you are and learn more about your sleep patterns.



Got questions on other health issues related to sleep health, physical activity, tobacco, or nutrition? Send your questions to [usaf.jbsa.afmsa.mbx.hpo@mail.mil](mailto:usaf.jbsa.afmsa.mbx.hpo@mail.mil). For more online health tips, visit the Air Force Health Promotion webpage <https://www.airforcemedicine.af.mil/Resources/Health-Promotion/>



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## Community Events

HERE'S WHAT'S GOING  
ON WHERE YOU LIVE

Your Local Health  
Promotion Office



Contact:

Phone:

Email:

Monday	Tuesday	Wednesday	Thursday	Friday