

# Rest Matters: Sleep and Mental Health at Work

Sleep is a foundation of wellbeing. When it suffers, so does our ability to focus, manage stress, and protect our mental health.

Over time, poor sleep can make us more vulnerable to anxiety, burnout, and emotional strain.

Healthy rest isn't a luxury, it's a resource. Encouraging regular routines, respecting time to switch off, and talking openly about the link between sleep and mental health helps create workplaces where people feel more resilient.

Take a moment to notice: are you giving yourself the rest you need? Because when we protect sleep, we protect our wellbeing, and the wellbeing of those around us.



Scan the QR code to explore practical guidance on rest, resilience, and workplace wellbeing.



counselling  
& advice helpline

 0800 328 1437

 [employeeassistance.org.uk](https://employeeassistance.org.uk)