

# Sleep for a Happy Tomorrow

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## Background

There is a reciprocal relationship between sleep problems and mental health. Therapies are needed for both mental health problems and sleep disorders.

## Methods

Treatment options are illustrated and neurophysiological explanations for the effects of sleep and body treatments on mental disorders are provided. The review is based on the scientific literature until April 2022.

## Results

There exist a lot of complementary therapies for sleep and mental health disorders that can be applied in physiotherapy [1]. They can e.g., be treated by cognitive behavior therapy (CBT) and diverse body treatments.

Therapeutic effects can be explained by changes in long-term potentiation at the synapses, by restoration of the balance in the stages of the autonomic nervous system and by influencing the hypothalamic-pituitary-adrenal axis (HPA axis). Communication has an essential function; all of the at least nine nonverbal modalities have to be included.

However, it is crucial that the therapy is person-centered, holistic and adapted to the context and the current situation.

## Conclusion(s) and Implication

The implementation of sleep and body treatments in patients with mental illness can support their recovery.

## References

- [1] Staub C. In collaboration with Droth B and Vanderlinden J. Daytime Behavior & Sleep. Healthy lifestyle book. 2021.

