Sleepio daylight

How burnout affects your mental health

Learn how burnout affects your sleep habits and overall health

What's behind burnout?

Burnout is a state of physical and emotional exhaustion that happens in response to chronic stress. It can affect your health, sleep, and overall well-being.

A variety of different factors can contribute to burnout: hectic schedules, an intense workload at home or on the job, or an insufficient support system. For many, discrimination on the basis of race, gender, sexual orientation, or disability can also contribute to burnout.

Burnout also affects your mental health. **Research shows**[1] that burnout is strongly related to both depression and anxiety. Sleep is another key component in the burnout cycle. **Research shows**[2] that poor sleep quality is associated with burnout — and the combination of burnout and poor sleep can **impact overall functioning**[3],especially at work. Burnout and depression can sometimes look similar, but a health professional can determine which one you're dealing with.

How to beat burnout

Burnout isn't inevitable — you can take simple steps to help prevent it.
Here are eight strategies:

1. **Identify your stressors** – Figure out what's causing you the most stress, so you can work on reducing it. Try journaling about your feelings, reviewing your calendar for insights, or opening up to a loved one.
2. **Embrace boundaries** – Practice saying "no" to events and requests you don't have time or energy for, so you can prioritise what's most important to you.
3. **Adjust your expectations** – If you find yourself chasing perfection often, try to remember that perfection doesn't actually exist. exist. To reduce your stress, try reevaluating your concept of success and aiming for more attainable goals.
4. **Schedule your sleep** – Establishing a more consistent sleep schedule can lead to better sleep, and in turn, better overall well-being.
5. **Find a bedtime routine** – Create an evening routine that relaxes you and sets you up for a successful sleep whether that involves eliminating screen time or taking a warm shower before bed.
6. **Practice stress management techniques** – Incorporate stress-relieving activities like meditation, exercise, and socialisation into your daily life to stay level.
7. **Take a break** – Spend some time away from your responsibilities (if you can) to reset and recupertate. That might mean taking a day or two off work, going on a trip, or asking your partner for more support.
8. **Get help** – If you're struggling, reach out to a mental health professional who can help get you on the right track.

Next steps in overcoming burnout

If you need support with your sleep to prevent or overcome burnout, consider **Sleepio**. A customized online sleep improvement program, Sleepio provides evidence-based techniques to help quiet your mind and enhance your sleep quality.

To learn more about Sleepio, visit sleepio.com/nhs

Get started

Daylight can help you manage the anxiety and stress that can contribute to burnout. Daylight is a digital medicine app that teaches you evidence-based techniques for reframing anxious thoughts and reducing tension.

To learn more about Daylight, visit trydaylight.com/nhs

Get started

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In the UK, Sleepio and Daylight are CE marked medical devices available for the treatment of insomnia disorder and generalised anxiety disorder, respectively.

1. https://www.sciencedirect.com/science/article/abs/pii/S0266613819302128
2. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8600578/
3. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7180070/