



## Mental Health: The Cortisol–Sleep Loop

Cortisol and sleep influence each other in a feedback loop. Poor sleep raises cortisol, and high cortisol worsens sleep. This loop damages metabolic health and emotional resilience. Breaking it restores recovery.

Elevated evening cortisol delays melatonin release and fragments sleep. Sleep deprivation then increases next-day cortisol and insulin resistance.

Lab trends may show rising glucose, blood pressure, and inflammation during chronic sleep disruption.

Improving sleep hygiene and stress management resets hormonal rhythm.

### 01 Is This Your Story?

A patient struggles with 3 a.m. awakenings and daytime fatigue. Cortisol testing shows elevated nighttime levels. With consistent bedtime routines and relaxation practices, sleep deepens and glucose and BP readings improve.

### 02 Try This Today

**Measure:** Track sleep timing and nighttime awakenings.

**Do:** Create a wind-down routine tonight.

**Reflect:** Ask whether your sleep and stress are reinforcing or healing each other



Select a plan:

<https://tinyurl.com/healthyu-amaze>

