**What is your insomnia about?**

We all know how lousy we feel after a night with little rest. Sleep is vitally important for your mental, physical, and emotional health. Experts recommend some key tips for getting a good night’s sleep such as going to bed and waking up at the same time every day, keeping your bedroom dark and cool, and using your bed for sleep only. But, what happens when you try all those things and sleep still eludes you?

If you have been having trouble getting a good night’s rest for some time, there’s a chance you may be suffering from generalized anxiety or depression. People with generalized anxiety or depression can have difficulty falling or staying asleep. In fact, one of the most common symptoms of depression is insomnia.

If you or someone you know may be suffering from generalized anxiety disorder or depression, take [NAME OF ORGANIZATION]’s online mental health screening at **HealthyMenMichigan.** The screening only takes a few minutes and provides confidential results and information on where to find treatment.