

June is Men's Health Month



Sleepio



NHS
SCOTLAND



National Wellbeing Hub
For people working in Health and Social Care

June is Men's Health Month

Men and women both have the same basic needs, like food, water, and rest. However, they don't always experience health in the same way. Certain biological differences, as well as social factors, lead to men having unique health-related experiences. In honour of Men's Health Month, we're exploring what those differences are, what they mean for men's health, and steps men can take to increase their overall health.



Sleep

While men don't get quite as much sleep as women do on average, they often report better quality sleep overall. But as men get older, changes in hormones can cause the quality of sleep to drop, and lead to more awakenings at night. Men also have higher rates of certain health conditions such as cardiovascular disease and lung problems which can impact sleep.

Take action

If you're struggling with poor sleep, try **Sleepio**. It's a digital programme based on cognitive behavioural techniques and designed by sleep experts. Sleepio can help you fall asleep faster and stay asleep longer — and it's available at no cost to you.

To learn more, visit:

[www.sleepio.com/
healthandcare-scot](http://www.sleepio.com/healthandcare-scot)



Mental Health

Mental illness is less common in men than women. However, when people who identify as male are struggling with mental health, they face unique challenges. Stigma often makes it difficult for men to do or say things that could be perceived as “unmasculine.” As a result, men are less likely to receive treatment for mental health conditions.

Take action

You have no-cost access to **Daylight**, a stigma-free digital programme that’s proven to help with worry and anxiety. If these are feelings you’re struggling with, Daylight can help you take back control.

To learn more, visit:

[www.trydaylight.com/
healthandcare-scot](http://www.trydaylight.com/healthandcare-scot)

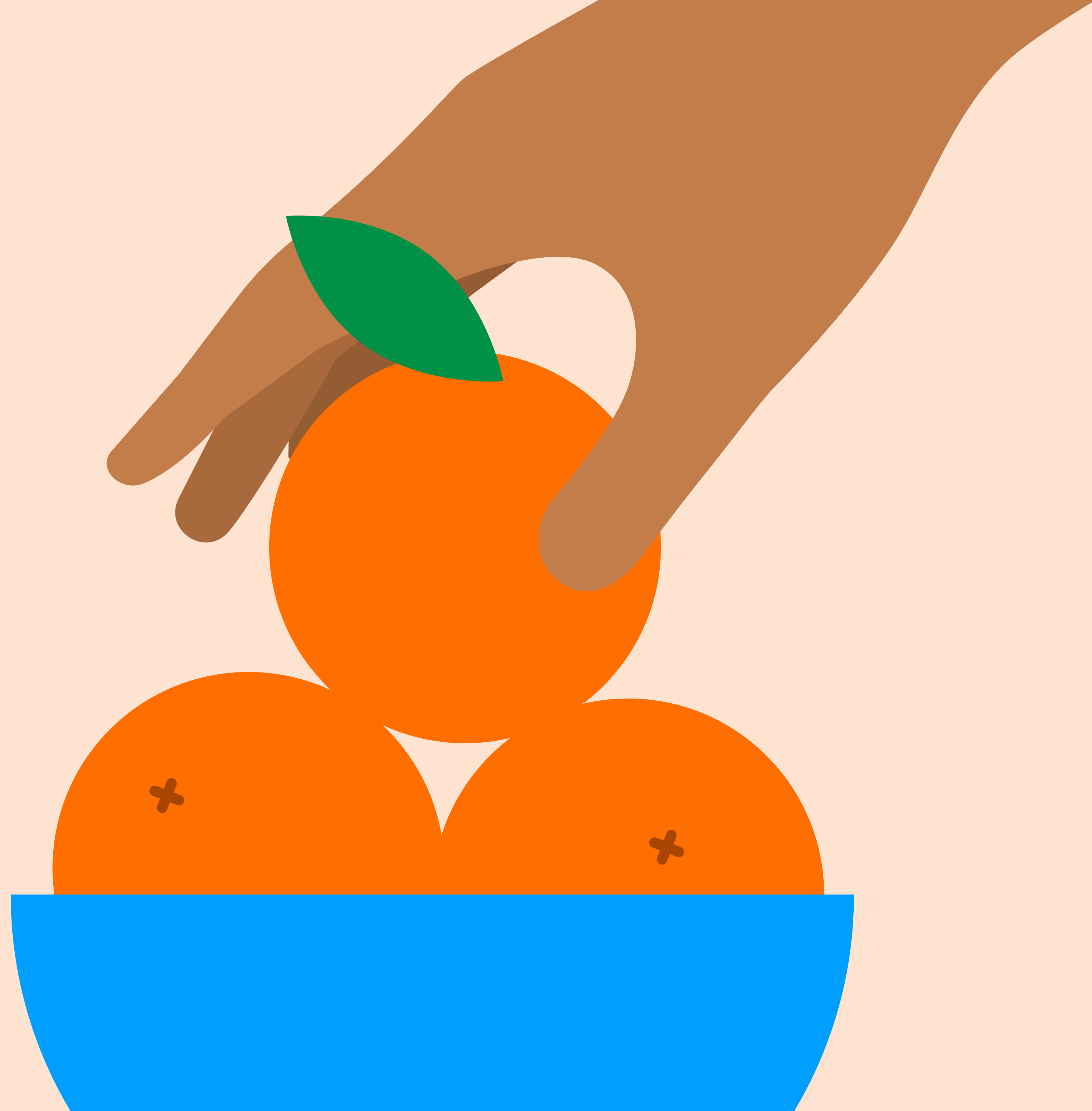


Physical Health

Although men's instances of heart attacks are declining, men are still at higher risk overall for cardiovascular disease and cancer. The purported underlying causes for this range from hormone differences, to higher rates of work stress, and variations in diet, exercise, and substance use.

Take action

“Leading a healthy lifestyle” is easier said than done. Instead of aiming for perfection, look for places to build small, healthy habits: Add one extra salad or workout per week, or commit to exploring ways to reduce worry and anxiety, or get healthier sleep.



Better health starts here

Whether you identify as male, or there are men in your life whose health matters to you, reducing worry and anxiety and getting better sleep can help improve overall health. That's why NHS Scotland offers **Sleepio** and **Daylight** at no cost. **Sleepio** is an online sleep improvement programme designed by sleep experts that can help you fall asleep faster, stay asleep longer, and feel better the next day. And **Daylight** is an evidence-based, clinically proven programme that can help you gain control over your worry and anxiety.

Sleepio

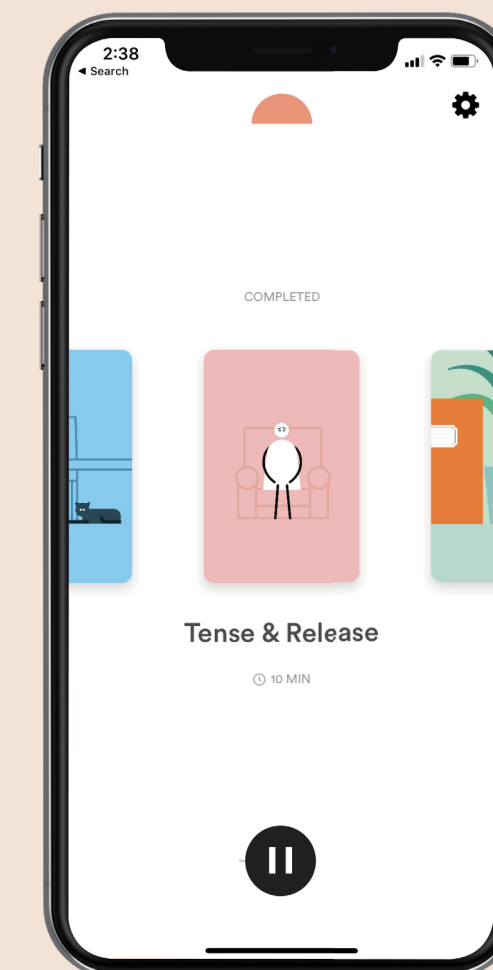
For help with poor sleep



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