

## Specialist Care for Depression, Anxiety, Schizophrenia, Psychosis, Dementia & Memory Impairment

Sleep is one of the important elements of human health- we need it, but here's the thing- it also can help when you are feeling anxious or depressed? At Elixir Medics, we understand that getting good sleep is one of the best ways when you want to improve your mental health. Now, let's see why sleep is so important in [Depression & Anxiety Treatment](#).



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## ANXIETY TREATMENT

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Is anxiety affecting your life emotionally and physically too? Trust us at Elixir Medics if you want to get cured in less time with the best anxiety treatment.

### HOW TO CONNECT WITH US?

- 01279 874 624
- [INFO@ELIXIRMEDICS.CO.UK](mailto:INFO@ELIXIRMEDICS.CO.UK)

[WWW.ELIXIRMEDICS.CO.UK/](http://WWW.ELIXIRMEDICS.CO.UK/)

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## Why Sleep Matters for Depression & Anxiety

Now, if you are struggling with depression or anxiety; you would know how much big role sleep can play in making things much better. Here's how much importance it has in **Depression & Anxiety Treatment**:

**Helps Your Mind Recover:** When you sleep, your brain gets a chance to rest and recover. Without enough sleep, your brain can't work properly, and it can make depression or anxiety feel worse.

**Lowens Stress:** Not sleeping enough can raise stress in your body. This can make you feel even more anxious or upset. But good sleep helps lower stress, making you feel calmer.

**Improves Your Mood:** If you're tired, you might feel more sad, angry, or anxious. But when you get enough sleep, you can wake up feeling better and more ready to face the day.

If you or your loved ones are feeling anxious or depressed, the very first thing experts would suggest is to improve your sleep habits. A lot of simple things like turning off your phone an hour before bed or practicing deep breathing can really help you sleep better.

## Schizophrenia & Psychosis Treatment: How We Can Help

Before getting into [Schizophrenia & Psychosis Treatment](#), understand what Schizophrenia and psychosis are first. These two are mental health conditions which can make it all difficult for people to see the world clearly. If you or someone you know is going through this, Elixir Medics can help. Here's a breakdown:



**ELIXIR MEDICS**

Prioritising your Mental Health

## ARE YOU STRUGGLING WITH SLEEPLESS NIGHTS?

Travel or work  
schedule

Eating late

Caffeine nicotine,  
or alcohol

Unestablished  
nighttime routine

Stress

Screentime



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[www.elixirmedics.co.uk](http://www.elixirmedics.co.uk)

**Schizophrenia:** People with schizophrenia may hear things that aren't there or believe things that aren't true. It can make it hard for them to think clearly. But with medication and therapy, it's possible to manage symptoms and feel better.

**Psychosis:** This is when someone loses touch with reality. It can happen because of mental health problems or other reasons. Early treatment can help people manage psychosis and get back to living their life.

If you or someone you know is dealing with schizophrenia or psychosis, don't wait to get help. At Elixir Medics, we offer treatment that can help people live a more stable life, including therapy and medicine.

## **Dementia & Memory Impairment: Understanding and Coping**

When we get old, it is very normal to forget things now and then but hey, if this memory loss starts affecting your daily life, it is not so normal then. This could be a sign of dementia or other memory problems. At Elixir Medics, we provide help for people dealing with [Dementia & Memory Impairment](#). Here's what you should know:

**Dementia:** Dementia is a condition that affects memory and thinking. Alzheimer's disease is the most common type. While it can't be cured, treatments can help slow it down and improve quality of life.

**Memory Problems:** It's normal to forget things sometimes, but if it gets worse over time, it could be a sign of dementia. If you're worried about memory problems, it's important to get checked out by a professional.

**Treatment and Support:** yes, there is no absolute cure for dementia but there are treatments that can help slow it down. These treatments include medication and therapy, as well as lifestyle changes that can help with memory.

We understand that mental health is not easy but who says you have to struggle all alone? No matter what you are going through with our **Depression & Anxiety Treatment**- we are here for you- experts at Elixir Medics is here to guide you every step of the way.

Reach out to us today to start your journey to better mental health. We're here to help you feel like yourself again.

