

Health Engagement
Nurses

Whitney Rostorfer, RN
& Meghan Murray, RN



April 2026: Sleep & Stress

The Big Idea

Sleep and mental health are deeply connected. Poor sleep can worsen mental health, and mental health challenges can disrupt sleep—creating a cycle that can be difficult to break.

A Two-Way Street

- Sleep affects mood, emotional regulation, and resilience
- Mental health conditions can interfere with sleep
- This creates a bidirectional cycle between sleep and mental health

Why Sleep Matters

- Improves mood and emotional balance
- Enhances focus and decision-making
- Supports resilience to stress

When Sleep is Poor

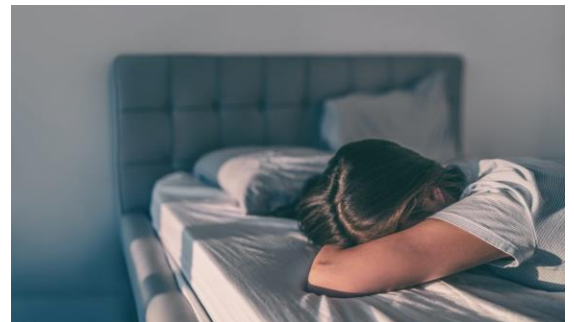
- Increased irritability and stress
- Higher risk of anxiety and depression symptoms
- Reduced ability to cope with daily challenge

Timing Matters

Going to bed earlier and maintaining a consistent sleep schedule may support better mental health outcomes.

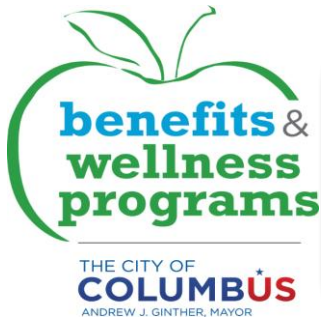
What You Can Do

- Keep a consistent sleep schedule
- Create a relaxing bedtime routine
- Limit screen time before bed
- Address stress and anxiety proactively



Better sleep can help break the cycle between sleep problems and mental health challenges.¹

¹ Source: Stanford Medicine Insights (Aug 11, 2025). (med.stanford.edu)



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April Wellness Events with the Nurses!

Thursday, April 23 – Health Talk on Sleep and Stress

Tuesday, April 28 – Anthem Offerings and Programs for City Auditor's Dept

Thursday, April 30 – Navigating Menopause Event (information to come in your email!)

*Event details subject to change. If you would like more information, or if you would like to schedule a health talk for your department, please reach out to us!

How to contact the Health Engagement Nurses

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How we can help:

- Find a healthcare provider
- Health questions/decision making
- Finding care/programs/resources
- And much more!

