

A Safety Net for Mental Health

Edit and Issue

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Summer sleep affects your performance

When hot and uncomfortable nights continue, many people are likely to feel: "I did not sleep well."; or "I always feel tired." In the summer of 2025, record-breaking heat continues to assault us across the country, and a tropical night, when the temperature does not drop even at night, happens more frequently. This kind of toasting weather certainly affects our sleep and interferes with getting quality rest.

When we get only shallow sleep, it not only reduces concentration and decision-making abilities in the next day, but also it gradually affects negatively our mental well-being, such as causing irritability and anxiety. Especially under stressful business environments, the decline in sleep quality directly affects on work performance and productivity of the entire team.

In fact, a survey by the Ministry of Health, Labour and Welfare shows that getting less than six hours of sleep continually would heighten the risk of suffering mental health problems more than twice as much. In other words, whether or not you get a quality sleep is an extremely important factor not only for good health but also for maintaining the quality of work and motivation. So, how can we sleep soundly even on hot nights?

First, it is important to create a suitable sleep environment before going to bed. Try to use the air conditioner appropriately, without forcing yourself to avoid using it. It is often said that over-cooling is bad for your body; ideally to keep the room temperature at around 28 degrees in Celsius by using timers or automatic operating function of the air conditioner. Taking a lukewarm bath before going to bed will raise your body temperature and the natural fall of the body temperature afterward will induce sleepiness leading to a sound sleep.

Further, it is best to avoid using your smartphone or computer right before going to bed. The blue light from monitors stimulates the brain and disrupts your sleep rhythm. Please try to make it a habit to take a "digital off" time in 30 minutes before sleep in order to relax.

As an employer, it is important to implement various strategies to support employees' physical and mental health from the perspective of *sleep*, especially during this time of the year. For instance, shifting regular morning meetings to the afternoon, offering flexible start times, or increasing remote work can be effective considerations. Recently, increasing number of companies suggest employees to take short naps (power naps), and it is said to contribute to improve employees' performance.

This summer, please consider to ask "Are you sleeping well?" to measure the performance of yourself and your team. Quality sleep is an essential foundation that supports daily work and mental health.

1.Ministry of Health, Labour and Welfare (2023), Report on the Revised Edition of *Sleep Guidelines for Health Promotion 2014*

<https://www.mhlw.go.jp/content/001208251.pdf>

2. Ministry of Health, Labour and Welfare (2022), Summary of the Results of 2022 Survey on Industrial Safety and Health (Actual Condition Survey)

<https://www.mhlw.go.jp/toukei/list/r04-46-50b.html>

Counselor's Oasis

Every year, I focus on "cooling with my five senses" during the summer. I listen to refreshing music, enjoy citrus-scented aromas, and sip on cold barley tea. While reading my favorite essays, I try not to rely too much on the air conditioner. Instead, I enjoy the time it takes to slowly cool down both my mind and body. By using sensory experiences such as sight, smell, and sound to adjust my mood, I find that irritability and sluggishness mysteriously fade away. Perhaps the key to enjoying summer comfortably is to wisely incorporate a sense of "coolness" into your mood.

Schedule a counseling appointment

0120-783-744

Office hours: (excluding holidays)
Monday through Friday 10:00~20:00
Saturday 10:00~18:00

E-mail :
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※We will reply to you within two business days
after receiving your message.

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counseling appointment
through the LINE app.

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