



COVID-19 TIPS FOR THE WEEK

April 20, 2020

COVID-19 AND SLEEP DISTURBANCE

Sleep disturbance is a common occurrence during a pandemic.

- Routines have been interrupted
- Normal time trackers such as class times, work times, children routines are not there.
- Staying inside provides less time in natural light
- You may be oversleeping when no schedule to structure life
- Financial, family, community concerns are now related to virus
- Too much “screen time” can paralyze is and lead to...
- Excessive worry!

Impact of sleep disturbances results in

- Decrease in immune response to protect our body
- Difficulty concentrating and remembering
- Lower ability to manage stress
- Too much or too little sleep increase symptoms of depression and anxiety.

Improving sleep during the pandemic is something you can do!

- Use bed for sleep and not work or watching television, etc.
- Set a routine by setting alarm to arise same time every day no matter what time you go to sleep
- Set a routine bedtime. Establish your routine around these times
- Plan routine mealtimes.
- Dress every day as if going out, even if staying home
- Get sunlight as much as possible to increase your body’s melatonin production
- Reduce alcohol intake to 1-2 per day, if you drink
- Avoid caffeine or other stimulants after noon
- Do not physically exercise within 2-3 hours of bedtime
- Allow time to “wind down” in the evening. Do not have brain stimulation close to bedtime
- Meditate, pray, read a relaxing book, incense, or other method to help you unwind
- Use white noise: Fan, noise machine or non-inflection sounds such as water falls or ocean.
- Seek medical advice or speak with a counselor if you continue with difficulties adjusting.

