

Better Sleep During Quarantine

Whether you have had sleep problems before COVID-19 or if they have come on recently, there are steps you can take to improve sleep during this global pandemic.



Daytime Tips to Help with Sleep

- **Keep a consistent routine**
Go to bed and get up at the same times each day. A regular wake time helps to set your body's natural clock. In addition to sleep, stick to a regular schedule for meals, exercise, and other activities. Make this a priority for all members of your household.
- **Get morning light**
Get up, get out of bed, and get some light. Regular exposure to light in the morning helps to set the body's clock each day. Open windows and let in the sunlight as much as possible. Morning light helps you wake up, improves mood and makes it easier to go to sleep at night.
- **Get moving**
Exercise helps improve your sleep quality at night, reduce stress, and improves mood. Fit in exercise as best as you can. Many gyms are now "at home" and offering virtual programs at no cost.
- **Don't use your bed as an escape**
While the gravity of the pandemic certainly makes us all tired, try not to spend too much time in bed during the day, especially if you are having trouble sleeping at night.
- **Avoid caffeine late in the day**
Switch from coffee or tea to water or warm herbal tea, which can have a calming effect.

Night Time Tips to Help with Sleep

- **Reduce screen time an hour before bed**
Avoid the news and all electronics at least one hour before bedtime. Light from screens disrupts melatonin, a hormone that the body makes to help us sleep. Remind yourself by setting a timer or putting your television on the sleep setting. Make a pact with your family to respect these parameters.
- **Practice a relaxing bedtime ritual**
Taking a warm bath, reading a book, listening to soothing music or practicing breathing exercises are great ways to calm down at night.
- **Create a relaxing sleep environment**
Keep your bedroom dark, quiet, and cool. Reduce bright lights and noise. Sleep experts recommend sleeping in a cool bedroom between 65 to 70 degrees Fahrenheit for optimal sleep.

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