



Getting healthy sleep during COVID-19



Use the bed only for sleep

Your work and home space may have merged. Doing work in bed may make it a space for stress, not rest.

Tip: Create a separate workspace in another room or at least not in the bed!

Only go to bed when you are sleepy



You may feel bored but going to bed too early is inconsistent with your body's clock time, which will make it harder to fall or stay asleep.

Tip: Make a list of relaxing activities to do if you are bored



Follow a 1-hour wind-down routine

Tip: Do something relaxing, enjoyable, and in low light before bedtime. No social media or COVID-19 news! (Audiobooks, meditation, or puzzles?)

Avoid excessive time in bed



Tip: Match your time in bed to your actual amount of sleep, not to the amount of sleep that you wish that you could get.

Why is this important?

Healthy sleep is important for our health and well-being.

Poor sleep has been shown to be related to higher levels of inflammation and greater risk of developing the common cold.

We have developed tips to manage your sleep to optimize wellness during these times.

www.sleep.pitt.edu



Wake up at the same time every day

Consistent wake-up times tells the brain what is "day" and what is "night", which is critical now that we're leaving the home less often. Do different activities to separate your day and night.

Tip: Schedule a virtual coffee date in the morning, take a midday walk, and stop work and screen time by a certain time each day.