



Self-care suggestions brought to you by:

Give It a Rest – Improve Your Sleep for Better Health

Sleep disrupted? If you are having trouble sleeping, you are not alone. There are many reasons why people are experiencing disrupted sleep. It's important to pay attention to these changes and maintain good sleep patterns as sleep is critical for wellness and healing, as well as cellular repair and overall immune function.



Anxiety and worry – There are many causes for concern these days . . . worry that you or a loved one may catch the coronavirus is normal. Not knowing when this is going to be over, or what “normal” will look like can cause anxiety. Then, there is the concern about the financial impact of the pandemic. **Worries can keep the brain and body turning when they should be sleeping.**

Decreased activity and routine – Your sleep can be affected when you aren't moving around as much or going to activities and events. If the normal activities that get you out of bed each morning have been disrupted, then you may be tempted to sleep in. **Sleeping too much may make you feel groggy, irritable, or unfocused.**

Isolation and grief – Being “safe” often means being separated from friends, family, and your community. People who have a loved one who is sick or has passed away may suffer even more. Grief and depression can be intensified by isolation; both are **known to have the potential to cause significant sleeping problems.**



How does more sleep help?

When dealing with the pandemic, sleep becomes even more essential because of its wide-ranging benefits.

Immune System — Sleep empowers an effective immune system. Solid nightly rest strengthens our body's defenses for strong physical wellness.

Brain Function — Sleep is linked to good intellectual wellness. The ability to learn and remember, make good decisions, and perform complex thinking are all impacted by our sleep habits.

Mood and Mental Health — Good sleep improves energy levels, makes us less likely to be irritable, and helps fight off feelings of depression. Good sleep improves social and emotional wellness.

These practical, easy-to-do tips can help you sleep better and awaken refreshed, renewed, and ready for the day ahead!

Maintain a Sleep Routine

- ✧ Get up and go to bed at the same time daily.
- ✧ Make your bedroom cool, dark, and quiet.

Activity and Exercise

- ✧ Get cleaned up and dressed every day. The bending, reaching, and balance of these tasks helps you stay strong and can help you feel more alert during the day.
- ✧ Exercise daily. If you exercise vigorously, do so earlier in the day. Do gentle stretching and breathing exercises just before bed to help you relax and prepare for sleep.

Nutrition and Hydration

- ✧ Eat at the same times every day. Eat earlier in the evening and ensure any late-night snacks are easy on the stomach.
- ✧ Drink water throughout the day, but drink less water in the evening.
- ✧ Decrease intake of nicotine, caffeine, and alcohol as they can disrupt the amount of sleep and the quality of sleep.

If you are already doing all the right things to promote good sleep yet still have trouble sleeping, professional help may be needed. Get in touch with your care provider and let them know how you are feeling. It's important to get good advice that takes your current medications into consideration.