



# Wellness Minute

## The SLEEP issue

Sleep difficulties are abounding amid the COVID-19 pandemic and resulting isolation. Following these steps can help you improve your sleep.

### SPECIAL POINTS OF INTEREST:

Support our body clock and daily rhythms

Prevent and tackle signs of insomnia

Prepare the body and your space for good sleeping habits



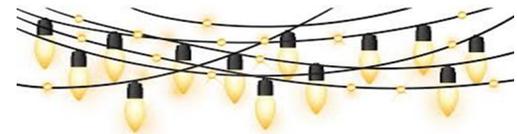
### Keep a routine

Your wake-up time is like an anchor to your day and night. Keeping a consistent wake-up and sleep time will help other parts of your day fall into a regular routine and help you

sleep better the next night

### Get into bright light

Our brain's body clock (or circadian pacemaker) is tuned by daily light. Morning bright light received at the same time every day is a powerful time signal and promotes alertness. Turn on bright indoor lights if you don't have access to natural light.



### Bed is a sacred place



Using your bed for TV, meals, or Facebook can trick the brain into thinking that bed is a place for waking activities and not sleep. Keep the bed and bedroom for sleep and sex.

### Unwind

Spend at least an hour before bed unwinding: do yoga, read a book, spend time with a pet. This helps prepare your body and mind for rest and sleep.



### Limit substances

Avoid caffeine at least 6 hours before bedtime. Cigarettes increase alertness, so avoid in the evening. Reduce alcohol—you may feel drowsy after drinking it, but it disrupts the second half of your sleep



### "Catch the wave" of sleepiness



The best time to go to bed is around your usual bedtime when you feel the "wave" of sleepiness—when your alertness drops, your eyelids are

heavy, and your thoughts are slowing down.



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