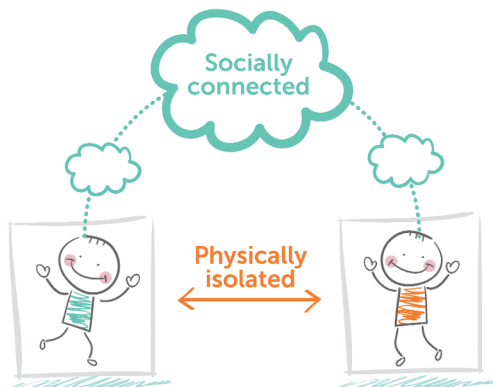


# How to get good sleep during this Pandemic of COVID-19



**Getting a good nights sleep is important for your mental and physical wellbeing, especially during highly stressful times like COVID-19.**

**Stress triggers a range of body reactions, and poor sleep can be one.**

**Here are some sleep tips which may help you and your family:**

- 1. Body routine:** Our body's love routine - its important to create a regular sleep-wake cycle by going to bed at the same time each night and waking the same time each day.
- 2. Settling your inner child:** Try to develop a calming bed routine 60mins before bed. It is like putting a child to bed, adults are no diferent. We need to settle, before we can switch off. Consider a warm drink, bath, dim lights, soft music. Over time the body adjusts and learn that you are getting ready for sleep.
- 3. Limit media exposure:** Reduce the amount of exposure to information before bed - this could come from certain movies, music, social media and news.
- 4. Self Care:** Take care of your body during the day - so it can relax for sleep. Take time to stretch regularly, excercise daily, minimise alcohol, eat healthy and reduce caffeine.
- 5. Create a bedroom sanctuary:** Its important to create a connection between bed and sleep. It is best not to be on computers or phones when in bed. Turn off your alerts on your mobile phone.
- 6. Mind chatter:** If you have a busy mind - keep a note book beside the bed and note down what you need to remember tomorrow. Then close the book.
- 7. Cat naps:** If you nap during the day, keep this to no more than 30minutes and avoid napping after 3pm.
- 8. Managing frustration.** Sleep only comes when we start to relax. If you stay quiet and still, it will eventually come. If you are struggling to get to sleep, try one of the amazing sleep apps that can work well on your phone. Here are our favourites:

\* Smiling Mind - mindfulness and sleep app

\* InsightTime - Library of free guided relaxation meditations