

# Health & Safety Moment

## Sleep Guidelines During the COVID-19 Pandemic

As we adjust to stay-at-home orders and try to remain healthy, focusing on a good night's sleep offers tremendous benefits. Research shows that sleep is critical to the physical health and effective functioning of your immune system. It's also a key promoter of emotional wellness and mental health, helping to decrease stress, depression, and anxiety. These five guidelines are proven to keep you well-rested and ready for anything.



<p><b>Set Your Schedule and Routine</b></p>	<p>Establishing a routine can facilitate a sense of normalcy even in abnormal times. It's easier for your mind and body to acclimate to a consistent sleep schedule, which is why health experts have long recommended avoiding major variation in your daily sleep times.</p>
<p><b>Stay Active</b></p>	<p>It's easy to overlook exercise with everything happening in the world, but regular daily activity has numerous important benefits, including for sleep.</p>
<p><b>Practice Kindness and Foster Connection</b></p>	<p>It might not seem critical to your sleep, but kindness and connection can reduce stress and its harmful effects on mood and sleep. Despite all the bad news that you may come across, try to find some positive stories, such as how people are supporting one another through the pandemic. You can use technology to stay in touch with friends and family so that you can maintain social connections despite the need for social distancing.</p>
<p><b>Utilize Relaxation Techniques</b></p>	<p>Finding ways to relax can be a potent tool in improving your sleep. Deep breathing, stretching, yoga, mindfulness meditation, calming music, and quiet reading are just a few examples of relaxation techniques that you can build into your routines. If you're not sure where to get started, check out smartphone apps like Headspace and Calm that have programs designed for people new to meditation.</p>
<p><b>Watch What You Eat and Drink</b></p>	<p>Keeping a healthy diet can promote good sleep. Be cautious with the intake of alcohol and caffeine, especially later in the day, as both can disrupt the quantity and quality of your sleep. Watch this <a href="#">video</a></p>

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## Sleep Guidelines During the COVID-19 Pandemic

The novel coronavirus (also known as COVID-19) has brought the world into uncharted waters. Whole countries are on lockdown, the economy has ground to a halt, and many people are afraid for themselves and their loved ones.

With such changes coming on so quickly, it's understandable that the importance of sleep is flying under the radar. But as we adjust to stay-at-home orders and try to remain healthy in a time of COVID-19, focusing on sleeping well offers tremendous benefits.

Sleep is critical to physical health and effective functioning of the immune system. It's also a key promoter of emotional wellness and mental health, helping to beat back stress, depression, and anxiety.

Whether you've had sleeping problems before COVID-19 or if they've only come on recently, there are concrete steps that you can take to improve your sleep during this global pandemic.

## How to Sleep Better



### SET YOUR SCHEDULE AND ROUTINE

Establishing a routine can facilitate a sense of normalcy even in abnormal times. It's easier for your mind and body to acclimate to a consistent sleep schedule, which is why health experts have long recommended avoiding major variation in your daily sleep times.



### STAY ACTIVE

It's easy to overlook exercise with everything happening in the world, but regular daily activity has numerous important benefits, including for sleep.

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## PRACTICE KINDNESS AND FOSTER CONNECTION

It might not seem critical to your sleep, but kindness and connection can reduce stress and its harmful effects on mood and sleep. Despite all the bad news that you may come across, try to find some positive stories, such as how people are supporting one another through the pandemic. You can use technology to stay in touch with friends and family so that you can maintain social connections despite the need for social distancing.



## UTILIZE RELAXATION TECHNIQUES

Finding ways to relax can be a potent tool in improving your sleep. Deep breathing, stretching, yoga, mindfulness meditation, calming music, and quiet reading are just a few examples of relaxation techniques that you can build into your routines. If you're not sure where to get started, check out smartphone apps like Headspace and Calm that have programs designed for people new to meditation.



## WATCH WHAT YOU EAT WAND DRINK

Keeping a healthy diet can promote good sleep. Be cautious with the intake of alcohol and caffeine, especially later in the day, as both can disrupt the quantity and quality of your sleep. Watch this [video](#)



# Your Health Is Our Top Priority

Thank you to our dedicated ReWa team and all public service professionals for your continued commitment to out communities.

