Improving Sleep During COVID-19

COVID-19 has resulted in stress, anxiety and changes to our routines that can impact sleep. Taking steps to improve sleep quality can help improve our mood and thinking.

Maintain a regular sleep routine.

- Try to get up and go to bed at the same time each day.
- Aim for 6–8 hours of sleep per day.

Avoid naps if possible.

- Napping can make it harder to sleep at night.
- If you need to nap, limit it to 20–30 minutes before 3:00 pm.

Limit drinking caffeine and alcohol.

- Both can interfere with our ability to get a good night’s sleep.

Get some physical exercise during the day.

- Staying active helps sleep. If you can, get outside.

Reduce screen exposure.

- The light from screens can make it harder to sleep.
- Avoid using phones or computers in bed.
- Instead, try reading a book, listening to music, or a breathing exercise.