

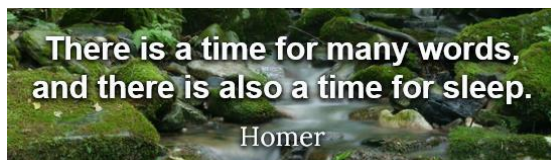
WE ARE ALL IN THIS TOGETHER

SLEEP



Getting enough sleep keeps your immune system strong and can help you mentally cope during the pandemic. Difficulties falling asleep, staying asleep, or waking up early are common during this uncertain time. You may find yourself feeling more tired than usual. Here are some **tips for improving sleep**:

- 1-2 hours prior to bed, **unplug** from email, news, and anything else that creates a busy mind and begin focusing on creating a calm, relaxing environment.
- **Turn down the lights** and do things that are relaxing such as reading, listening to music, or a meditation exercise.
- **Avoid alcohol** close to bedtime and discontinue caffeine after noon.
- Maintain a **regular wake up time** and try to get some **direct sunlight** in the morning. Together, these will help regulate your circadian rhythm.
- If you are unable to fall asleep or wake up and can't fall back to sleep, don't toss and turn in bed for longer than 15-20 minutes. Get out of bed and **do something relaxing** until you feel sleepy and then go back to bed.
- Keep your bedroom **dark, quiet, and cool**.
- **What you do during the day can affect your night**. Napping for longer than 20-30 minutes can decrease your sleep drive, making it harder to fall asleep at night. Inactivity can lead to lighter sleep and a feeling of being less restored in the morning.



Relaxation Exercises for Falling Asleep, The National Sleep Foundation:

<https://bit.ly/2PLmdIC>

Bedtime Calculator, SleepFoundation.org: <https://bit.ly/2PWC2q1>

Music and Visual Art for Relaxation: <https://bit.ly/2DLW6zo>

Free Breathing App, Eddie Stern, Deepak Chopra:

<https://eddiestern.com/the-breathing-app/>

Free American Academy of Sleep Medicine Children's Storybook App: <https://bit.ly/3irpx1y>



VIRTUAL LISTENING GALLERY, Wednesdays@ 12 – 12:25 PM. Click [Join Microsoft Teams Meeting](#); 925-391-1667; ID 87264967#

We care about you. Thank you for all the wonderful things you do here at work. We welcome your Bright Spots, videos, and heartwarming ideas. Please send them to the Covid Wellness Team at CovidWellness@cchealth.org. Team Members: Priscilla Aguirre, Claire Battis, Amanda Dold, Patricia Hennigan, Helena Martey, Brian M. Johnson, Kristin Moeller, Jacqueline Mostow, Kimberly Nasrul, Samir Shah, Sonia Sutherland, Arlene Trimble.