

Insomnia in the Midst of Covid-19



It's hard enough to get a good night's sleep in the best of times. Now our world has been knocked sideways and we are experiencing rising levels of stress and anxiety in response to the uncertainty that COVID-19 has introduced into our health, jobs and regular routines. It is understandable that all this change can make it hard to sleep at night, but good sleep may be exactly what you need to get you through this period.

Why is it important to get good sleep during the pandemic?¹ There is a lot going on and we want to make sure we are in top form and ready to tackle these new challenges. Here are some ways that sleep helps us:

- **Sleep strengthens the immune system.** Our bodies are better prepared to fight off illness when they are well rested.
- **Our minds work better when we get good sleep.** Getting enough sleep helps our brain function and keeps our mind sharp, especially in the areas of memory, decision making and complex thinking.
- **Mental health is at its best when we are well rested.** Lack of sleep has been linked to increased anxiety, PTSD, and depression.

Don't worry! There are many things we can incorporate into our lives to help us sleep better at night, despite what is going on in the world right now. Give these sleep helpers a try to get your mind and body ready for restful sleep:

- Listen to a relaxing podcast or audiobook
- Read a book by low light
- Do a relaxation exercise
- Write in your journal
- Use a fan to create white noise and lower the room temperature
- Turn your alarm clock around or remove it all together
- Avoid caffeinated beverages 6 hours before bedtime
- Turn off all screens 1 hour before bedtime

Want to learn more? See our presentation '**Too Many Sheep to Sleep**' in our [COVID-19 resource center](#). To get started in our insomnia program, visit learntolive.com/partners and use the code **INTACT1**. If you are already a Learn to Live member, simply sign in with your username and password.