

Improving Your Sleep Tips for Healthcare Workers During COVID-19



Canadian Mental
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Waterloo Wellington

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- Make sleep a priority and block off time to do so. Try to be as consistent as possible with your sleep patterns.
- Make your bedroom a sleep sanctuary; this means not working in your bedroom, or doing other activities that normally occur outside of the bedroom.
- Keep your sleep environment, dark, quiet, and slightly cool. If sleeping during the day, try using a sleep mask.
- Create a bedtime routine, like taking a hot shower, reading, etc.
- Set a space and time to address worries and anxiety outside of the bedroom.
- Use caffeine sparingly. Most of us enjoy caffeine as a “pick me up”. However, too much caffeine can decrease the desired wakefulness effects, as well as give us headaches. Try to stick to no more than 3 (8 ounce) cups a day. Avoid consuming caffeine for 6 hours before your anticipated bedtime.
- Avoid electronic screen time before bedtime. The light signals our brains to wake up, and can disrupt sleep.
- Avoid heavy meals and alcohol before bed.
- Try to exercise upon waking, rather than before bed, which can activate the body and cause wakefulness.
- Turn the clock away from the bed, so you are not fixating on the time. If missing your alarm is of concern, set two alarms.
- If you fall out of your pattern, try your best to get back to it. If you happen to oversleep on a day off, try not to stay up too late that night and return to your routine.
- Although 7-9 hours of sleep is recommended, this is not always possible. Try to “bank” sleep time. If you cannot get your recommended sleep time all at once, be sure to take naps throughout the day. Even a 20-minute nap can make a difference.
- If working in shifts, try to keep the same shift for as many consecutive days as possible. Try to stick to the timing of your sleep schedule, even on your days off.

Sources:

[Your Health Matters: Sunnybrook Hospital](#)

Fight Covid with Better Sleep: Center for the Study of Traumatic Stress