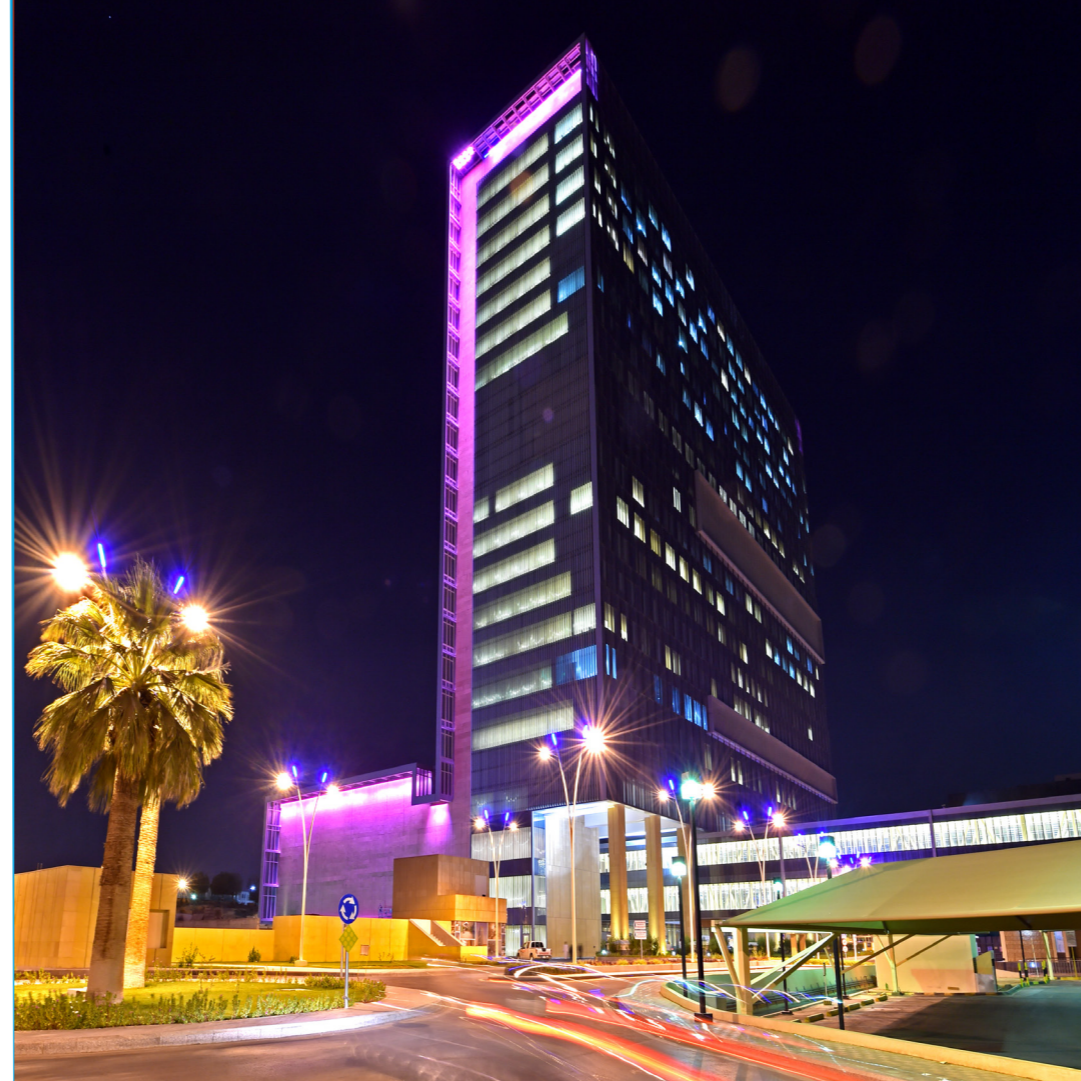
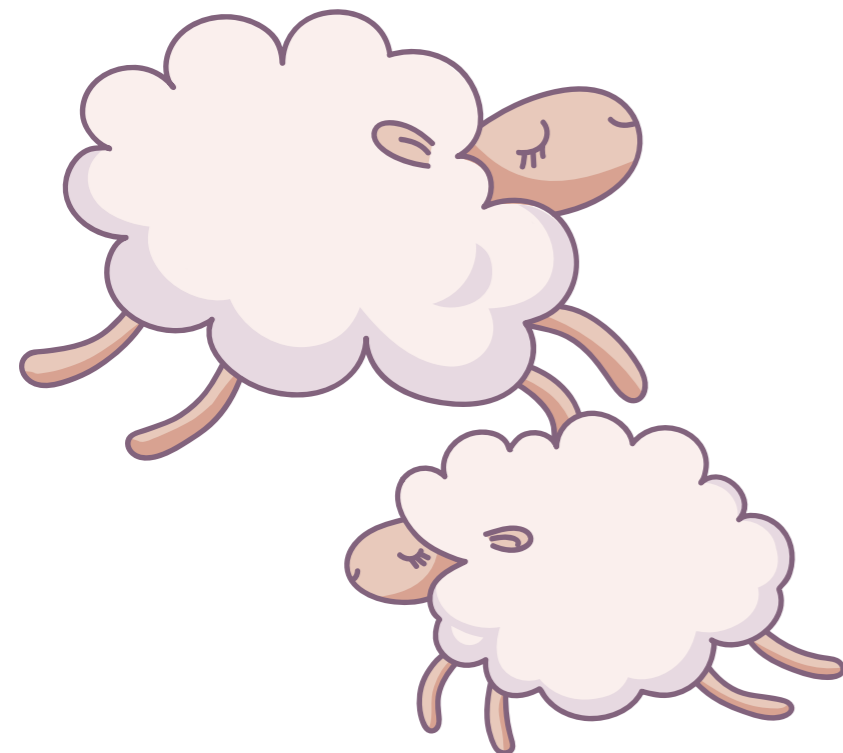


References:

<https://www.health.harvard.edu/blog/strategies-to-promote-better-sleep-in-these-uncertain-times-2020032119333>



مستشفى الملك فيصل التخصصي ومركز الأبحاث
King Faisal Specialist Hospital & Research Centre
Gen. Org. مؤسسة عامة



King Faisal Specialist Hospital & Research Center
P.O. Box 3354 Riyadh 11211
Kingdom of Saudi Arabia
Tel: +966 114647272
www.kfshrc.edu.sa

Sleep Hygiene and COVID-19 Pandemic

CSR 20-020

1441 H - 2020 G

COVID-19 belongs to the Many individuals face sleeping difficulties during COVID-19 pandemic due to anxiety and changes in life routine because of home quarantine. Here are some tips to help you improve the quality of your sleep.

- **Do not be anxious:**

Sleep disruptions are common amongst people due to stress and anxiety, or due to changes in life routines and circumstances like personal or work-related problems.

- **Maintain your daily living routine:**

It is important to maintain a fixed daily schedule for your life routine during home quarantine. Such a routine should be suitable for you and your family members. The routine should include times for sleeping, waking up, meals, sports, work and having fun. This will help calibrate your biological clock.

- **Exposure to early morning sun:**

It is vital to be exposed to the early morning sun and ventilate the house especially bedrooms, this will positively influence the biological clock.

- **Perform different duties:**

It is important to work daytime during home quarantine, either from home or by heading to the workplace if necessary. If you no longer have office work, engage in charity works or other types of work. Keeping busy during the day will result in tiresome and sleepiness during the night.

- **Daytime physical activity:**

Getting engaged in daytime workouts help improve the quality of sleep at night, reduce stress and sooth the mind. Therefore, it is advisable to engage in daytime workouts during home quarantine either at home or through utilizing virtual sporting programs, electronic apps, and social media platforms or by working out outside the house keeping in mind precautionary measures of hand washing and social distancing.

- **Bed is for sleeping only:**

Try not to spend so much time in bed during the day, like reading, using smart phone to watch shows or electronic devices. You may take a short nap for no more than 30 minutes. If you have trouble sleeping for more than 20 minutes while in bed at night, leave the bed and engage in a light activity like reading.

- **Relaxation:**

Stress, anxiety and overthinking are factors that may affect the quality of sleep. Practice the art of relaxation and meditation to improve the quality of sleep.

- **News and social media:**

Avoid listening to the news or browsing websites using your smartphone or electronic devices for at least 1 hour before going to bed. Listening to news, updates on websites and social media will stimulate the mind to think and analyze which might affect the quality of sleep. It is advisable to set an alarm on your smartphone or electronic device as reminder for you to go to sleep.

- **Electronic devices and smartphones:**

Avoid holding smartphones and tablets and all kinds of electronic devices which may stimulate the brain, also the light coming out of such devices leads to a delay in secreting Melatonin which is a hormone that is key in controlling sleep. If you need to relax before going to bed, you may watch TV for a short period outside the bedroom, read a book or listen to soft music.

- **Caffeine:**

Avoid drinking caffeine later of the day like coffee and tea.

- **A comfortable sleep environment:**

It is important to create a comfortable sleep environment such as a comfortable bed and mattress, dark or dim lighting. Room temperature is also a factor that might affect the quality of sleep.

- **When to see a doctor:**

If you have sleep difficulties like insomnia, chronic or intermittent sleep apnea that affects the quality of your life or even prevents you from following the above-mentioned instructions, See your doctor to set a suitable treatment plan, which might involve some medications.

