



# Sleep Resources

VCCYF clinicians are recommending that we all design and keep to a daily schedule that includes meal times, exercise, study/work time, chores, relaxation/social time and most importantly regular SLEEP times which include going to bed and getting up at about the same time each day.

## **Tips To Get a Good Night's Sleep During Covid 19:**

### **Stick to a sleep schedule**

- You should try to set aside the hours of sleep each night that fit with your sleep needs. For example, if you are 15 years old, you should set aside around 9 hours for sleep overnight.
- Ideally, those 9 hours will be exclusively for sleep and you should try to avoid other activities in bed like looking at your phone, eating, or streaming shows or movies.

### **Include physical activity in your daily routine**

- Regular physical activity can promote better sleep. Avoid being active too close to bedtime. Spending time outside every day is good for your health and your sleep.

### **Watch your food and fluid consumption**

- Don't go to bed hungry or stuffed. In particular, avoid heavy or large meals within a couple of hours of bedtime. Your discomfort might keep you up.
- Limit drinking large amounts of liquid before bed and refrain from any caffeine within 8 hours of bedtime.

### **Create a restful environment**

- Try to keep your bedroom cool, dark and quiet.
- Use a fan or white noise machine and/or ear plugs to block out noise.
- Turn off screens at least a ½ hour before going to sleep.

- Try to do the same ritual each night such as brushing your teeth, taking a bath, reading a book.

### **Trouble falling to sleep**

- If you don't fall asleep within about 20 minutes, leave your bedroom and do something relaxing under low/minimal light. Read or listen to soothing music. Go back to bed when you're tired, minimize clock watching. Just listen to your body and pay attention to cues that you are drowsy or that you are having trouble sleeping.
- If you are in bed questioning whether you will fall asleep or are stressing that it is taking too long to sleep, then that is a sign that you should get out of bed and try again when drowsiness sets in!

### **Vermont Based Resource**

**UVMHC Sleep Center** “Why Sleep Is Vital to Our Overall Wellbeing”

<https://medcenterblog.uvmhealth.org/wellness/physical/sleep-health-habits/>

### **Additional Resources**

**Insight Timer** has hundreds of free guided mindfulness meditations to help people fall asleep <https://insighttimer.com>

**Progressive Muscle relaxation** script

[https://www.law.berkeley.edu/files/Progressive\\_Muscle\\_Relaxation.pdf](https://www.law.berkeley.edu/files/Progressive_Muscle_Relaxation.pdf)

**Reframe Health Lab** Educational and entertaining White Board video describing stress and how to combat it: <https://www.reframehealthlab.com/9010-stress/>

**Sleep log:** Track your sleep for a week to see what behaviors might be impacting it.

[https://www.sleepfoundation.org/sites/default/files/2018-11/sample\\_sleep\\_log-by\\_national\\_sleep\\_foundation.pdf](https://www.sleepfoundation.org/sites/default/files/2018-11/sample_sleep_log-by_national_sleep_foundation.pdf)

**The National Sleep Foundation** has research-based recommendations for sleep by age group

<https://www.sleepfoundation.org/articles/how-much-sleep-do-we-really-need>