

Fight COVID-19 with Better Sleep Health

In the face of a global pandemic, the health and safety of people is critical to their ability to mitigate the impact of a new coronavirus, COVID-19. Many times people might get less than the recommended 7–9 hours of sleep per night.

Sleep and circadian disruption can have negative health and safety consequences including impaired immune function and increased accidents and errors. Sleep is a tool that you can utilize to help your body fight off infection, maintain health and perform at its best, which will have a positive impact on everything you do.

FIGHT COVID-19 *with better* **SLEEP HEALTH**

exercise closer to wake-time & avoid exercise close to bedtime

*upon waking, get 15-60min of **BRIGHT** light (indoor lights too!)*

*keep a **regular** sleep & wake-time schedule, even on days off*

20min naps improve alertness & memory

60min naps make up for lost sleep and prep you for anticipated sleep loss

avoid caffeine < 6hrs before bedtime

*limit alcohol, light (screens), and work close to bed -instead, **make a routine of quiet activities:** a shower, book & relaxation exercises*

*keep your sleep environment **dark, cool, quiet & comfy***

NYU Langone Health

Source: Center for the Study of Traumatic Stress

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