



SLEEP AND STUDENT MENTAL HEALTH

Tips to protect your sleep during the COVID-19 pandemic



INSOMNIA IS A NORMAL REACTION TO STRESS

This makes protecting your sleep now all the more important, because getting a sufficient amount of good-quality sleep helps to keep your body and mind healthy, boosting your immune system, improving your mood & keeping your mind sharp.



KEEP CALM & DON'T BRING YOUR WORRIES TO BED

Uncertainty can trigger excessive worries. Limit the time you spend checking the news and social media if it is too upsetting. Set aside 20 min during the day to write down your worries & problem solve. Calm your mind with relaxation strategies that work for you, like singing. Be mindful - take a moment to breathe and bring your attention to the here and now. Connect with friends online & talk.



KEEP A REGULAR SLEEP & WORK ROUTINE

Tempted to lie in? Resist if you can. Get up and go to bed at the same time each day. This will help you maintain a good sleep rhythm. Avoid daytime napping or doing other things in bed (like checking your phone, watching TV, eating, online learning, doing exam revisions, job hunting). Make your bed a sleep sanctuary.



KEEP MOVING & LOOKING OUT FOR THE SUN

Find the time to exercise daily. Use online resources to get a good home workout. Where possible, exercise outdoor whilst keeping a safe distance from others (2m). Beam a smile to the sun (if you see it) as daily light exposure helps reset your circadian rhythm.

