Maintaining good sleep hygiene During Covid-19

Limit substance use
- Avoid alcohol and nicotine several hours before going to bed
- Avoid caffeine after 12 PM
- Don’t drink heavily (no more than 1-2 drinks per day)

Sleep 7–9 hours per night
- Go to sleep and get up at around the same time every day
- Avoid napping after 3 PM, and keep all naps under 30 minutes
- Avoid using electronics 30–60 minutes before sleeping

Create a bedtime routine
Some examples include:
- Journal about your day
- Take a warm shower or bath 1–2 hours before sleeping
- Do some light stretching

Only use your bed for sleep
- Spend the day outside your bedroom
- If you have to stay in your bedroom, sit somewhere else (e.g. chair, at desk)

Exercise in the morning or early afternoon
High intensity exercise within 5 hours of going to bed can make it hard to fall asleep

Get some sunlight
Exposure to sunlight during the day will help set your body’s internal clock to sleep through the entire night

If you're not sleeping enough
- Don’t go to bed until you feel sleepy
- If you can’t fall asleep for more than 20 minutes, get up and do a calming activity
- Wake up at the same time every day

If you're sleeping too much
- Set an alarm for the same time every day and place your alarm across the room
- Don’t use sleep as a coping mechanism, instead find other ways to manage your stress and anxiety

Sleep is a crucial part to our lives. If you’ve been having trouble maintaining good sleep hygiene, try out some of the tips below. Seek professional help, from your family doctor or a sleep specialist, if needed.

Want to know more? Check out Emory’s full sleep guide.