

# TIPS TO SLEEPING WELL DURING THE QUARANTINE

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This infographic describes some practical sleeping advices contributing to creating an effective routine when homebound for coronavirus

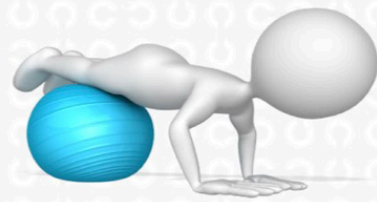
**1** Consistent bed & wake times will help you to maintain a healthy sleep routine



**2** Open your windows and expose yourself to sunlight if possible. It can be good for your mood and for your body clock



**3** Staying physically active during the quarantine can be important for sleep. Training regularly is important to accumulate fatigue and to promote sleep pressure in the evening



**6** Avoid alcohol and large meals too close to bedtime



**4** A short nap during the first part of the afternoon can be important if you are sleep deprived. But naps should not interfere with ability to sleep at night (not too long and not too late)



**7** Identify how much caffeine, when it is consumed and how this influences sleep, can help determine individual intakes that minimize sleep disruption. For many, consuming caffeine in the late afternoon can impair sleep

**5** Maintain social connectivity, especially if you live alone. It can be important for your mental health and wellbeing



**8** Try to avoid smartphones, computers, video games immediately prior to bedtime. Using blue light blocking technology on phones can also be helpful to reduce their stimulating effect



**9** Avoid lying in bed awake for long periods of time. Ideally, go to bed when sleepy. Alternatively, if you cannot sleep get out of bed and do something non-stimulating before returning to attempt sleep



General guide for room temperature

17-20°C

**10**

It is normal to not sleep perfectly every night, so it is OK to accept sleep may not be great during difficult circumstances. Excessive stress and worry about sleep will not be helpful. During times of stress and uncertainty finding relaxing activities such as breathing exercises, meditation etc. may be helpful before sleep. Seek professional help to manage stress and anxiety if needed (and possible) and reach out to friends and family for extra support