Sleep Soundly during the COVID Pandemic: You Can Do It!

Presenters: Alice M. Teall, DNP, APRN-CNP, FAANP & Kimberly R. Joo, DNP, APRN-CNP, CNE, EBP-C

Staying well and calm in the midst of the COVID-19 storm
Evidence-based tactics that work!

Partners: College of Nursing, Buckeye Wellness, YP4H, OSU Health Plan, Office of Human Resources, Employee Assistance Program and Office of Student Life
Webinar Series: Staying Calm and Well in the Midst of the COVID-19 Storm

2. Staying Physically Active
3. Be Here Now: Mindfulness Works!
4. TODAY’s WEBINAR
   • Sleep Soundly During the COVID Pandemic: You Can Do It!
Skill-Building from Session # 3:

• *Find space* in your day to practice mindfulness
• *Prepare yourself* with the purpose to learn and grow; minds wander, keep coming back to your focus
• *Bring your heart* to it with tenderness and compassion
• *Forgive yourself* as there are no expectations of how your practice unfolds
• *Thank yourself* for taking time for self-care and growth
• *Find a buddy* for supporting your practice if desired
You ever lay in your bed, after a whole night of insomnia, patiently waiting for a reasonable hour to have breakfast?

I just want to sleep 😞

We don't really have to sleep if we don't do anything all day, do we?

My sleeping pattern will never be the same

Almost 4 am ET. Who else is up?

Who sleeps?

In NYC and looked out my window to see a guy in scrubs and a mask getting on a Citibike going to work. It was beautiful and surreal.

Influx of terrible information during the pandemic — the fear of losing ones or our own lives, tragic news we're witnessing hourly — is altering our sleep patterns, researchers say. It's also producing bizarre dreams across the globe.

Hate these nights when I WANT to sleep... but can't.

#insomnia #overthinking

Dear Mind, Please stop thinking so much. I need to sleep!!!

@NPR · 15h
YANA: You Are Not Alone

Challenges to Sleep during this Pandemic

- Disruption of daily life
- Anxiety and Stress
- Isolation
- Excess screen time

What is Insomnia?

- Trouble Falling Asleep
- Trouble Staying Asleep
- Trouble Falling Back to Sleep
Recommendations

- For adults: 7-9 hours of sleep/night
Insufficient Sleep

- Daytime tiredness or sleepiness
- Irritable mood, anxiety
- Increased hunger, weight gain
- Cognitive changes
  - Difficulty with attention, concentration
  - Difficulty with memory
  - Impaired judgment
  - Slower reaction time; increased errors, accidents
- Health problems
  - Heart disease; Hypertension; Stroke
  - Diabetes; Obesity
  - Sleep disorders
  - Aging; skin changes
  - Libido loss
  - Depression
Reasons to Sleep Soundly

• Boosts immune system
• Enhances well-being
• Reduces stress
• Supports brain function
• Improves mood
• Boosts fertility
• Stimulates weight loss
• Heightens creativity
• Reduces inflammation
• Improves heart health
• Lengthens lifespan
sleep: is the best meditation - Dalai Lama
American Academy of Sleep Medicine Position Statement

• Sleep deprivation due to shift-work schedules, high workload, long hours, sleep interruptions, and insufficient recovery sleep have been implicated in the genesis and perpetuation of burnout.
Quick Sleep Tips: Daytime

• **Routine:** Keep a consistent sleep schedule. Get up at the same time every day, even on weekends or during vacations

• **Move:** Exercise regularly

• **Eat:** Maintain a healthy diet

• **Naps:** Limit daytime naps to 30 minutes and no later than 4pm.
Quick Sleep Tips: Evening

- **Light:** Limit exposure to bright light in the evenings.
- **Eat:** Don’t eat a large meal before bedtime. If you are hungry at night, eat a light, healthy snack.
- **Drink:** Avoid consuming caffeine in the late afternoon or evening.
- **Drink:** Avoid consuming alcohol before bedtime.
- **Drink:** Reduce your fluid intake before bedtime.
- **Write:** Jot down what is on your mind and then set it aside for tomorrow.
Quick Sleep Tips: Nighttime Hygiene

• **Devices:** Turn off electronic devices at least 30 minutes before bedtime.
• **Length:** Set a bedtime that is early enough for you to get at least 7 hours of sleep.
• **Wait:** Don’t go to bed unless you are sleepy.
• **Get up:** If you don’t fall asleep after 20 minutes, get out of bed.
• **Relax:** Establish a relaxing bedtime routine.
• **Bed:** Use your bed only for sleep and nookie.
• **Environment:** Make your bedroom quiet and relaxing. Keep the room at a comfortable, cool temperature.
# Sleep Diary

## Two Week Sleep Diary

**Instructions:**
1. Write the date, day of the week, and type of day: Work, School, Day Off, or Vacation.
2. Put the letter “C” in the box when you have coffee, cola, or tea. Put “M” when you take any medicine. Put “A” when you drink alcohol. Put “E” when you exercise.
3. Put a line (“|”) to show when you go to bed. Shade in the box that shows when you think you fell asleep.
4. Shade in all the boxes that show when you are asleep at night or when you take a nap during the day.
5. Leave boxes unhatched to show when you wake up at night and when you are awake during the day.

**Sample Entry Below:** On a Monday, when I worked, I jogged on my lunch break at 1 PM, had a glass of wine with dinner at 6 PM, fell asleep watching TV from 7 to 8 PM, went to bed at 9:30 PM, fell asleep around Midnight, woke up and couldn’t get back to sleep at about 4 AM, went back to sleep from 5 to 7 AM, and had coffee and medicine at 7:00 in the morning.

| Today’s Date | Day of the Week | Type of Day | Work, School, Off, Vacation | Noon | 1 PM | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 AM |
|--------------|-----------------|-------------|-----------------------------|------|-----|---|---|---|---|---|---|----|----|----|-----|------|
| sample       | Mon.            | Work        | F                           | A    | 1   |   |   |   |   |   |   |   |    | C   | M    |
Cognitive Behavioral Skills Building

- **Before bed:** take 20 minutes to calmly write down a list of all of the **positive** things that happened today, all the **negative** things that happened today, and all the things you have to remember **to do**.

- **Next:** make a note of **when** you'll deal with each of these outstanding points - tomorrow, next week or next month.

- **Last:** let go and leave the list next to your bed. If you wake in the night with worries about future plans, remind yourself that you've made a plan to deal with them already. And if new thoughts occur to you, simply jot them down on the list.

- Sleepio.com
Thank You

Office of the Chief Wellness Officer and Buckeye Wellness

We appreciate your feedback!
Please complete a brief survey following this presentation: https://go.osu.edu/calmmandwellssurvey4

This will be sent via email to all registrants.
Next Week’s Webinar

Wednesday May 6, 2020, 12:30 - 1:00 pm
Physical Distancing and Loneliness: How to Stay Socially Connected
PRESENTER: Kate Gawlik, DNP, APRN-CNP, FAANP

Staying well and calm in the midst of the COVID-19 storm
Evidence-based tactics that work!
Resources from Everyday Health

- **Is COVID-19 Anxiety Messing With Your Sleep? 8 Tips for Getting It Back on Track**
- **How to Quiet a Racing Mind and Fall Asleep, Tonight**
- **How to Fix Your Sleep Schedule**
- **Why Exercise and Sleep Are Your Ultimate Defense Against Stress**
More Resources for Better Sleep

• http://sleepeducation.org/docs/default-document-library/sleep-diary.pdf?sfvrsn=2
• https://www.sleepfoundation.org/articles/healthy-sleep-tips
• https://bettersleep.org/better-sleep/how-to-sleep-better/
• https://www.sleepio.com/
• http://yoursleep.aasmnet.org/pdf/sleepdiary.pdf