

Sleep Health Resources During Coronavirus (COVID-19)

- **Sleep is especially important during this challenging time** when many people are experiencing social and family stress, fear, and illness due to COVID-19
- **Getting too little sleep or having an irregular sleep schedule increases risk for:**
 - Poor immune functioning and difficulty fighting infections like COVID-19
 - Increased stress, anxiety, inattention, and other mood and/ or behavior concerns

For expectant mothers and families with infants (0-11 months):

- The [National Sleep Foundation](#) has helpful information about pregnancy and sleep
- **Expectant mothers** should aim for 7-9 hours of sleep per night
- Sleep duration is **variable** during infancy:
 - **Newborns** (0-3 months): Aim for 11-14 hours of sleep total (day + night)
 - **Infants** (4-11 months): Aim for 12-15 hours of sleep total (day + night)
- You may be especially **worried about you or your young child becoming ill:**
 - Check out the [Baby Doctor Mamas podcast](#) for their episodes on [pregnancy, newborns, and COVID-19](#) and more
 - Continue to follow [safe sleep recommendations](#) for your baby: Place baby alone, on his/her back, on a flat sleep space (crib, bassinet, or pack n' play)
- The [Pediatric Sleep Council](#) has information on infant sleep and COVID-19

For young children (1-5 years):

- **Toddlers** (1-2 years): Aim for 11-14 hours of sleep total (day + night)
- **Preschoolers** (3-5 years): Aim for 10-13 hours of sleep total (day + night)
- Try to follow **the same bedtime routine** as many nights as you can
 - Choose 2-4 activities, such as washing up and changing, and something you and your child enjoy (reading, singing, prayers, telling stories)
- If the nap schedule has changed, **pick the naptime that works best and stick to it**
- Check out the [Pediatric Sleep Council](#) for COVID-19 and early childhood sleep advice
- [Zero to three](#) has COVID-19 tips and at-home activities for young children

For school-aged children (6-12 years):

- School-aged children should aim for **9-11 hours** of sleep per night
- Children this age often develop **worries or fears about real-world events** that impact sleep
 - **Avoid talking about COVID-19 worries before bedtime**, and reduce your child's exposure to COVID-19 news, social media posts, and discussions at home
 - Try [relaxation strategies](#) at bedtime, such as belly breathing or muscle relaxation
 - **Call or video chat** with family or friends your child may be worried about
 - Educate your child about COVID-19 using [kid-friendly resources like this comic](#)
- Your child should **avoid caffeine** (coffee, tea, iced or green teas, sodas such as Coca-Cola, Pepsi, Dr. Pepper, Mountain Dew, Sunkist, some root beers)
- Follow a **consistent bedtime routine, a regular sleep schedule, and household rules**
 - Sticking to predictable family routines can help children adjust to new situations
 - [Info About Kids](#) and [Child Trends](#) have other helpful family resources
 - The National Child Traumatic Stress Network has a list of [fun daytime activities](#)

For teenagers and young adults (13-25 years):

- **Teenagers** should aim for **8-10 hours** of sleep per night, although some teens need more
- **Young adults** (18-25 years) should aim for 7-9 hours of sleep per night
- Your/your teenager's **sleep schedule may have changed** due to COVID-19:

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- Sleeping in later is OK, but there should be a set wake time
- **Follow the same sleep schedule on weekdays and weekends** to help keep the internal body clock (circadian rhythm) “on time”
- You/your teenager should **avoid time in bed** when not sleeping—this can make it hard to sleep at night
- You/your teenager should **avoid caffeine** (coffee, tea, iced or green teas, sodas such as Coca-Cola, Pepsi, Dr. Pepper, Mountain Dew, Sunkist, some root beers)
- [The National Sleep Foundation](#) has other healthy sleep tips for teens and young adults
- You/your teenage may be **feeling stressed or worried** about the impact of COVID-19
 - Keep in touch with friends and family by **phone or video chat**
 - **Take a break** from social media and screens, especially before bed or while in bed
 - **Keep a daily schedule** to help organize your/your teenager’s time
 - Try [mindfulness meditation](#) or an [App like “calm”](#) to reduce stress at bedtime
 - Call the [National Suicide Prevention Lifeline](#) (1-800-273-8255) or [text 741741 for crisis support](#)
- [The Child Mind Institute](#) has parent resources to support teenagers and young adults

For adults (26 years and older):

- **Adults** (ages 26-64 years) should aim for **7-9 hours** of sleep per night
- **Older adults** (ages 65+ years) should aim for **7-8 hours** of sleep per night
- Your **sleep schedule** and other routines (work; school; child/home care) may have changed due to COVID-19:
 - Sleep = self-care; prioritize getting enough hours each night
 - **Avoid time in bed** when not sleeping—this can make it hard to sleep at night
 - **Follow the same sleep schedule on weekdays and weekends** to help keep your body clock (circadian rhythm) “on time”
 - [The National Sleep Foundation](#) has healthy sleep tips for adults
- Increased stress can cause difficulty falling or staying asleep ([insomnia symptoms](#))
 - **Cognitive-behavioral therapy for insomnia** is an evidence-based treatment, and the Veterans Affairs has a helpful App that uses this approach: [CBT-i Coach](#)
 - **Take a break** from social media and screens, especially before bed or while in bed
- Mood and sleep are interconnected: **Pay attention to your mental health**
 - **Call or video chat** with friends and family to seek support
 - [Listen to this interview](#) with a psychologist for more mental health resources
 - Check out this list of [mental health Apps](#)
 - There are also **web-based counseling resources** such as [TalkSpace](#) and [BetterHelp](#), which connect individuals with a licensed mental health provider
 - Call the [National Suicide Prevention Lifeline](#) (1-800-273-8255) or [text 741741 for crisis support](#)

Sleep websites and other resources listed in this document:

- The Pediatric Sleep Council (evidence-based baby sleep advice): www.babysleep.com
- The National Sleep Foundation: www.sleepfoundation.org
- The American Academy of Sleep Medicine: www.aasm.org
- Anxiety and Depression Association of America: www.adaa.org
- Child Mind Institute: www.childmind.org
- Info About Kids: www.infoaboutkids.org
- National Child Traumatic Stress Network: www.nctsn.org
- National Suicide Prevention Lifeline: www.suicidepreventionlifeline.org
- Zero to Three: www.zerotothree.org