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 teenager 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