



Sleep & Daily Rhythms during COVID-19



Get up around the same time every day

- Keep your wake time within 45 minutes
- Sleeping in will make it harder to fall asleep.

Tip: Motivate yourself to get up by scheduling something you want to do in the morning!



Get light when you wake up and during the day

Morning light is one of the most important cues for our brain clock

- Helps you feel more alert
- Keep spaces active and bright (with light) during the day

Tip: Open the curtains! Step outside! Turn on bright lights!



Have social interactions every day

Tip: Schedule a call or video chat with a friend. Go for a walk around the block and wave to your neighbors from afar!



Eat meals and exercise around the same time each day

Tip: Start your morning with a stretch, walk, or run. Exercise will help you use up energy and feel ready for sleep!

Why is this important?

Your brain has a clock that helps everything in your body on a schedule.

This can affect everything from your mood, energy, sleep, digestion, heart, and immune system!

We have developed some tips to stay on a schedule and improve sleep to support your health and well-being during these challenging times.
www.sleep.pitt.edu



Keep lights dim at night and avoid electronics 30-60 mins before bed

Light reduces your brain's natural melatonin and increases alertness, making it harder to fall and stay asleep

News and social media may generate anxiety and interfere with sleep

Tip: Limit overhead lights in the last 1-2 hours before going to sleep. Use F.lux (free!) and nightshift on your electronics!