KICK AWAY CORONASOMINA

Millions of people suffer from insomnia with the hit of the novel coronavirus. Are you one of them? Are you having difficulty to fall asleep? Bothering with early awakening? Feeling very tired in daytime?

The pandemic brings unprecedented changes so quickly: on-line learning, social distancing, unclear boundary between school/work and home life, anxiety due to unpredictable future. All these contribute to sleep problems.

Long-term insomnia increases the risk of health issues, such as obesity, heart problems, and mood conditions. It also brings negative impacts on our attention, learning, productivity, and performance. Let's pay more attention to it!

SELF-HELP TIPS

1. Keep a regular sleep schedule

   Go to bed and get up at a regular time every day. It helps to regulate your body's clock, and can help you fall asleep and stay asleep for the night. Avoid daytime nap. If you really feel sleepy, try to get a 15-30 mins nap on a chair or

sofa. Extra daytime naps would reduce sleep stress, thus makes you harder to fall asleep at night.

2. Avoid working on bed

Bed is for sleep only. Do not stay in bed for work, study or play. This habit is to train your brain in forming a conditioned reflex with the bed. It helps to bring you to sleep quicker.

3. No electronic devices before sleep

Avoid using computer, playing with smart phone, or watching TV one hour before going to bed. It stimulates your brain in ways that make it harder to wind down; the blue lights emitted also reduce the melatonin produced in the body, and thus brings down overall sleep quality.

4. Get ready for sleep

Your body needs time to shift into sleep mode. Reduce watching negative and heavy news at night. You should spend the last hour before sleep doing some calming activities to reduce stresses build up at daytime, such as listening to music, stretching exercises, deep breathing, meditation, showering, bathing your feet with warm water, etc..

5. Be active at daytime

Doing regular oxygenated exercises matter. The brain produces endorphins which enhance mood, reduce stress, and helps you to get better to the deep sleep stage. Natural light can also improve sleep quality by regulating the wakefulness and sleep cycle. Try to take some walk outdoors at daytime.

6. Connect with people

Take initiative to talk to your family and friends. Consistent social contacts reduce the pandemic provoking anxiety, sense of loneliness and helplessness. Try to approach and show care to someone each day or as much as possible. This act surely cheers up others as well as yourself.

To learn more about sleep hygiene, you can also read the attached leaflet here: https://eduhk.hk/sao/upload/custompage_article/558/self/61a470eb4d81f.pdf .

If your sleep problem is still affecting your study and life, feel free to talk with our counsellors.

Wish you sleep Well!