



Insomnia & COVID19 Education Session

Facilitators:

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Poll # 1

Hand on heart, are you wearing PJs right now? (Multiple choice)

1. Never!
2. 100% Yes
3. Business on top, PJs on the bottom
4. I literally took them off a minute ago



Poll # 2

Is COVID19 increasing symptoms of insomnia for everyone?

1. True
2. False

False

COVID19 is impacting people in different ways. Examples of this are:

- Appetite Changes
- Increased anxiety and depression
- Social isolation (with friends and family)
- Decreased physical activity
- Sleep disturbances



Stress & COVID 19

Keeping up with the news these days can be anxiety provoking: COVID 19 is dominating headlines, from the fluctuating number of cases to its potential effects on the economy.

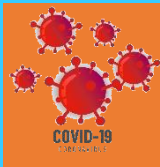
Whether you've had sleeping problems before COVID-19 or if they've only come on recently, there are concrete steps that you can take to improve your sleep during this pandemic.



COVID 19 & Insomnia



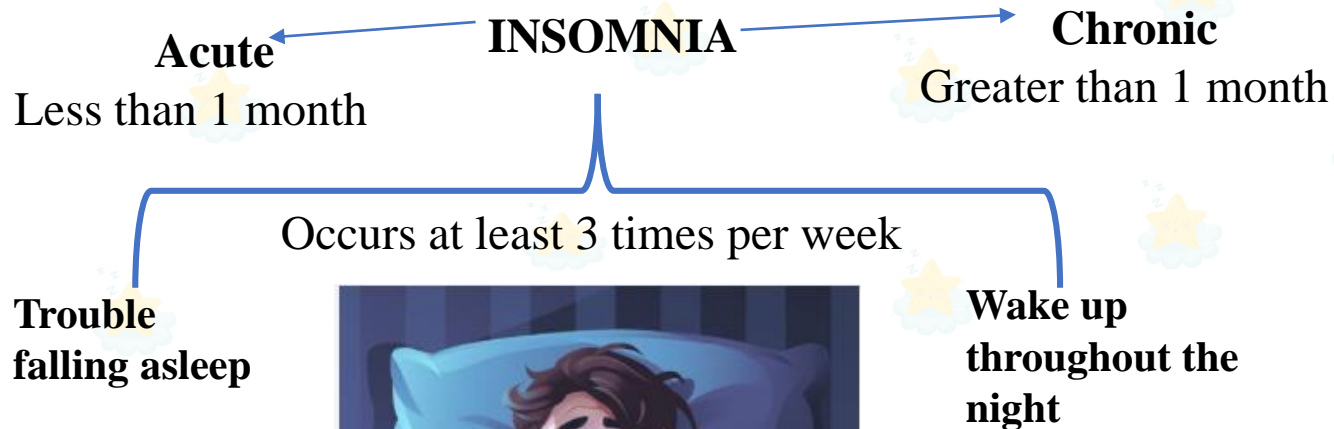
Millions of people suffered from insomnia before the COVID 19 , and unfortunately, the pandemic creates a host of new challenges even for people who previously had no sleeping problems.



The COVID 19 pandemic doesn't affect everyone in the same way. However, the strains of worry and disrupted routines can pose significant barriers to sleep.

What is Insomnia?

- Insomnia is a common sleep disorder that consists of frequent nighttime sleep difficulties that result in reduced functioning during the daytime.



Other symptoms of insomnia include:



Waking up too early

Having sleep that is poor quality

Daytime fatigue or sleepiness

Concentration, attention, or memory problems

Daytime irritability

Worries about sleep difficulties or daytime symptoms

What is Insomnia?



The amount of sleep one needs, differs from person to person. Therefore, insomnia is defined by the quality of your sleep and how you feel after sleeping—not the number of hours you sleep or how quickly you doze off.



Even if you're spending eight hours a night in bed, if you feel drowsy and fatigued during the day, you may be experiencing insomnia.

Causes of Insomnia during a Pandemic

Stress

- Worrying about work, school, finances, health, family can lead to physical symptoms, including persistent headaches, memory lapses, digestive problems and insomnia

Anxiety & Worry

- Many people are worried about catching the coronavirus because they don't want to get sick or infect other people inadvertently.

Lack of physical activity

- People are less active due to gyms, pools & recreations centres being closed.
- People are walking less due to being fearful of contracting the virus

Excess Screen Time

- Excess screen time, especially later in the evening, can have a negative impact on sleep. It stimulates the brain which makes it difficult to wind down, but the blue light from screens can suppress the natural production of melatonin, a hormone that the body makes to help us sleep.

Depression & Isolation

- Pandemics can cause feelings of depression and isolation due to physical distancing

Caffeine, nicotine, drugs and alcohol

- Caffeine, nicotine, drugs and alcohol are stimulants. Indulging in them in the late afternoon or evening can keep you from falling asleep at night.

Disruption of Daily Life

- Physical distancing, quarantines, school closures, working from home bring extreme changes to normal routines for everyone
- Keeping track of what day or time it is becomes difficult due to not having routine





Strategies for Managing Sleep



Whether you've had sleeping problems before COVID-19 or if they've only come on recently, there are concrete steps that you can take to improve your sleep during this global pandemic.

Set Your Schedule and Routine

Sleep specific aspects of your daily schedule should include:

Wake-Up Time:

Set your alarm, bypass the snooze button, and have a fixed time to get every day started.

Wind-Down Time:


This is an important time to relax and get ready for bed. It can involve things like light reading, stretching, and meditating along with preparations for bed like putting on pajamas and brushing your teeth. Given the stress of the coronavirus pandemic, it's wise to give yourself extra wind-down time each night.

Bedtime:


Pick a consistent time to turn out the lights and try to fall asleep.




Strategies for Managing Sleep




Limit media exposure. Be discerning about what you learn about COVID-19. Check official web sites. Do not pay too much attention to gossip and some media reports, which may be exaggerated, or may simply be guessing what might happen.



Take care of your body. Get some exercise, have healthy meals, do not drink too much alcohol, and avoid caffeine close to bed. Make sure that you do something fun and have a laugh during the day.



Take care of your mind. If the worry is still on your mind as you are getting ready to go to sleep, write these things down, including a list about what you plan to do about them during the next few days. Try doing short mindfulness activities to help you relax.





Strategies for Managing Sleep

Reserve Your Bed for Sleep. You want to achieve a strong connection between your bed and successful sleep (i.e., falling asleep and staying asleep easily). If you go to bed and find that you cannot get to sleep, or if you wake up during the night and cannot get back to sleep because of worries, get up and do something relaxing in dim light that is quiet and away from the bedroom. Go back to bed when you feel ready to fall asleep.

See the Light. Spend some time outside in natural light. Even if the sun isn't shining brightly, natural light still has positive effects on circadian rhythm. As much as possible, open windows and blinds to let light into your home during the day.

Utilize Relaxation Techniques. Finding ways to relax can be a key aspect in improving your sleep. Deep breathing, stretching, yoga, mindfulness meditation, guided sleep meditation, calming music, and quiet reading are just a few examples of relaxation techniques that you can build into your routines.



Guided Sleep Meditation

SLEEP
TALK DOWN



Resources

Online Resources for Sleep:

My Sleepwell - <https://mysleepwell.ca/>

Free Cognitive Behavioral Therapy for Insomnia - <http://freecbti.com/>

Sleep Education - <http://sleepeducation.org/>

Apps for Sleep:



The Calm Sleep: Sleep & Meditation App



Sleep Sounds - Relax & Sleep, Relaxing Sounds



Tide - Sleep Sounds, Focus Timer, Relax Meditate



Resources

Online Resources for Anxiety, Depression & Stress:

The Anxiety Coach - <https://www.anxietycoach.com/>

Anxiety Canada - <https://www.anxietycanada.com/>

Evolution Health - <https://evolutionhealth.care/index>

Moodgym - <https://moodgym.com.au/>

Big White Wall - <https://www.bigwhitewall.com/?lang=en-ca>

Bounceback Ontario - <https://bouncebackontario.ca/>

Resources

Apps for Anxiety, Depression & Stress:



Mindshift CBT – Anxiety Canada



MoodSpace - Stress, anxiety, & low mood self-help



Lift – Depression & Anxiety



Upcoming Education Sessions

- Movement Matters – August 18, 10 to 11 am
- From Stress Eating to Mindful Eating – September 30, noon to 1 pm

To register, please email programs@Summervillefht.com



Questions

