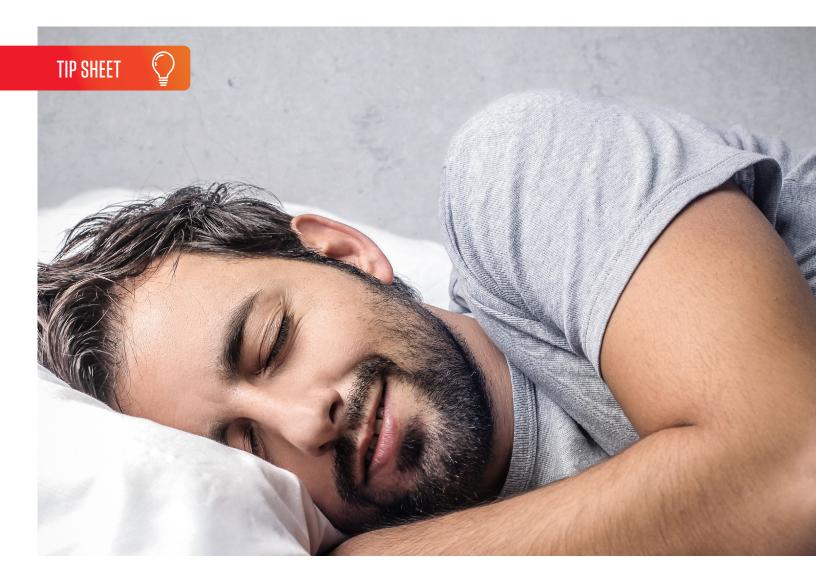# Why a good night's sleep is so important now more than ever

Even before COVID-19, research showed that around <u>62% of adults worldwide felt that they didn't get enough sleep.</u>

We know that it's important to get a good night's sleep, and health organisations have published <u>guidelines</u> around general sleep habits. It also sounds easier to catch up on sleep, now that there are travel restrictions and employers suggesting work-from-home policies for their employees.

But the more COVID-19 disrupts the way we work, shop, and interact with others, the more difficult it can be to prioritise sleep against the changes in these daily actions.

Here are some ways to foster a good night's sleep

Maintain **sleep as a daily routine**: Go to bed at the same time and wake up at the same time to maintain a sense of normality.

Also maintain **exercise as a daily routine**: Physical activity during the day can help you fall asleep at night. Engage in activity challenges on your wellbeing programme to maintain physical health and also stay connected with colleagues.

Refrain from reading or watching the news before going to bed: COVID-19 media coverage will increase stress and anxiety, and not create the sense of calmness or 'winding down' that will help you fall asleep. If you must read, enjoy something light-hearted.

Disconnect: While it's important to be social while under self-quarantine, stay away from social media at night. Clicking 'refresh' on Facebook, Twitter, and social news sites creates a need to always 'be on' and be aware of the latest news. And with COVID-19, it seems like there's new happenings by the hour, but you can look at them in the morning.

For parents, your children **look to you for guidance and support**, but especially now. A good night's sleep will allow you to speak calmly to your family about COVID-19's impacts on schools, self-quarantines, and social connections.

Engage in **digital wellbeing programmes** that focus on not only on improving sleep quality, but also on mental health resilience and mindfulness to help your mind at ease.

Put the day's events behind you: Bringing emotional baggage to bed is a guarantee for a poor night's sleep. A good night's sleep will make some worries disappear, but it can also bring a fresh perspective to those worries if they still reside the following day. You will be energised to tackle these challenges.

Ready to take your employee wellbeing program to the next level? Talk to an expert at Virgin Pulse to get started.

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