



## Improving Sleep Habits During the COVID-19 Pandemic

Coronavirus disease 2019 (COVID-19) is affecting all New Yorkers in one way or another, from struggling with feelings of uncertainty to fear of the virus itself. Many people are also dealing with loss and grief. Some might experience higher levels of depression and anxiety that can cause trouble sleeping. It might be harder for you to fall or stay asleep, or you might be unintentionally waking up too early.

Good sleep habits are important for overall health. Most people need seven or eight hours of sleep per night, but others might need more or less than that. Poor sleep can have a negative impact on both your mental and physical health.

### **Tips to Improve Sleep Habits**

Here are some tips if you are having trouble sleeping:

- Establish a sleep routine.
- Avoid lying down or napping during daytime hours.
- Lower the amount of caffeine you drink (such as coffee, tea, soda and energy drinks), and avoid drinking caffeine after early afternoon.
- Talk with your health care provider if you are taking any over-the-counter medications or health supplements.
- Minimize how much alcohol you drink or nicotine you use.
  - If you smoke or vape, consider quitting. Visit [nyc.gov/health](https://nyc.gov/health) and search for [NYC Quits](#).
- Increase your physical activity by moving more and sitting less.
- Make sure you wake up at a similar time every day, even if you have trouble sleeping the night before.
- Practice relaxation techniques before going to bed.
- Make sure you go to bed when you are tired and ready to sleep.
- Avoid using your phone or watching television in bed.
- Avoid watching the clock, and cover or hide it if necessary.

If you still have trouble sleeping after implementing these tips, talk to your provider or contact:

- NYC Well, a confidential 24/7 helpline staffed by trained counselors who provide brief counseling and referrals to care in over 200 languages. Call 888-NYC-WELL (888-692-9355), text "WELL" to 65173 or chat at [nyc.gov/nycwell](https://nyc.gov/nycwell).
- The New York State COVID-19 Emotional Support Helpline, staffed with specially trained volunteer professionals who listen, support and offer referrals, if needed. Call 844-863-9314, from 8 a.m. to 10 p.m., seven days per week.