

COVID-19: Sleep Quality

The COVID-19 situation has changed many core aspects of our life resulting in sleep disruptions that can significantly impact our academic work and well-being. Moreover, the added stress and lack of routine can be expected to significantly exacerbate sleep difficulties. However, making our sleep a priority in this period can help academic staff to maintain both physical and mental health.

Research on sleep provides various tips for maintaining good sleep quality during difficult times:

- Try to obtain at least **7 to 8 hours of sleep per night** (it is not a good idea to cut on your sleep to be more productive!)
- **Respect a regular sleep-wake schedule** (try to find a schedule you are most comfortable with and stick to it)
- **Establish a routine** before bedtime (this is not only good for kids!)
- **Turn off your electric devices** and notifications and importantly... don't look at them during the night!
- During the day: try to **expose yourself to light and to stay active** (but remember to limit physical activity just before going to bed)
- **Avoid consumption of stimulants** (coffee, tea, nicotine) or alcohol in the evening

For more information on **sleep research at McGill**, please contact marie-helene.pennestri@mcgill.ca. For more on the work and health implications of Canadian sleep research more broadly, check out <https://sleeponitcanada.ca/covid-19-2>.

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