

More than Counting Sheep

Getting a good night's sleep is one of the most important things we can do for ourselves, yet one of the most difficult during this challenging time. Increased anxiety and worry can disrupt our sleep, as well as not having our usual routine or daily schedule.



Tips for a good night's sleep:

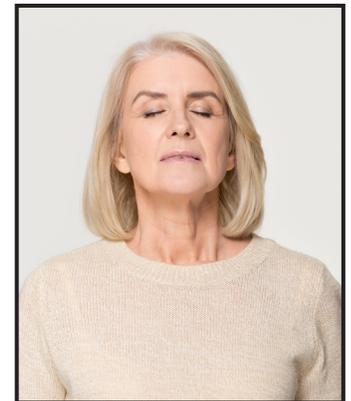
- Limit daytime naps to 20-30 minutes.
- Limit caffeine, alcohol and nicotine intake, especially in the evening.
- Exercise.
- Try to get some natural sunlight during the day.
- Eat well and stay away from fatty and spicy foods before bedtime, as they can cause indigestion.
- Keep the bedroom cool and dark.
- Limit screen time prior to bed and while in bed.
- Follow a calming bedtime routine every night by winding down and preparing for a restful night's sleep.

If you have questions, please contact your Social Worker or MVHCaregiverSupport@state.mn.us

In stressful times it seems like negative thoughts and events are magnified so much more than positive thoughts and events. When negative or anxious thoughts start taking over, slip to the present and calm yourself by focusing on your breathing.

Breathing exercise:

- You may keep your eyes open or closed, whichever you prefer.
- Make yourself comfortable, either sitting comfortably or lying down.
- Take in a deep breath through your nose, expanding your lungs, pausing, and then exhaling through your mouth, letting go of any negative or anxious thoughts you are holding in your body and your mind.
- Let your body relax and your muscles soften while you do a couple more deep breaths.



For more details about sleep hygiene and getting a good night's sleep, click here www.sleepfoundation.org/articles/sleep-hygiene

