



OPTIMAL SLEEP HEALTH FOR FRONTLINE HEALTHCARE WORKERS DURING COVID-19

WAYS TO PREPARE FOR A GOOD NIGHT'S SLEEP



DURING THE DAY



Get sunlight & exercise to help maintain your sleep schedule



Limit or take power naps (15-20 mins)



Maintain a regular sleep schedule



Avoid caffeine especially after noon



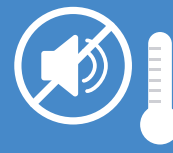
1-2 HOURS BEFORE BED



Save your bed for rest and sexual activity



Nicotine, alcohol, and heavy meals can disrupt your sleep



Make your room dark, quiet, and a comfortable temperature



Avoid news about the pandemic



Take a shower or bath before bed



Relax with light stretching or tai chi



Clear your mind by writing a "worry list", to review the next morning



Tips for Screen Use

- Limit screen time
- Use "blue blocker" glasses
- Use night-shift mode



BEDTIME



Keep your bedroom a worry free zone



Make your bedroom a restful space



Avoid clock watching when trying to fall asleep



Do a light activity in low light when having trouble sleeping

PROFESSIONAL SLEEP HEALTH ASSISTANCE

Important To Identify And Treat As Acute Insomnia Can Worsen Sleep Health.



SIGNS TO LOOK FOR



Common Signs

- Dangerous work-related mistakes
- Inability to concentrate
- Extreme irritability
- Drowsy driving



High score on a daytime sleepiness scale e.g., Epworth sleepiness scale (>10)



Loud snoring, witnessed apneas, or a high score on a sleep apnea screening tool, e.g., STOP-Bang (> 3)



Restless legs or periodic leg movements closer to bedtime

TYPES OF INTERVENTION



USEFUL STRATEGIES



Lifestyle modification and cognitive behavioral therapy (CBTi) preferable



CBTi is considered first line. Speak to your physician or psychologist about therapy



Relax with light stretching, tai chi, or mindfulness



MEDICATION



Try to avoid over-the-counter or prescription sleeping pills



Avoid hypnotic medications as much as possible - consider short-term use only



Consider risk:benefits and side effects from each medication



Melatonin, paired with other sleep habits, may be useful

+ TIPS FOR HEALTHCARE WORKERS +



DAILY TIPS



Check-in with coworkers or family to discuss stress regularly



When working at home, define a work space and work schedule



During free time, practice your favorite hobby



Get exposure to sunlight and exercise regularly



NIGHT SHIFT



After a night shift, avoid driving home. Try walking home, taking a taxi, or using a ride-hailing app



Try going to bed as soon as possible after a night shift



Consider taking a short nap before your night shift

RESOURCES

Canadian Sleep Society (CSS): <https://css-scs.ca/resources/brochures>
 American Academy of Sleep Medicine (AASM):
 Sleep Health information: <http://sleepeducation.org/>

Sleep medicine facilities in Canada:
<https://css-scs.ca/resources/provider-map>
 Society of Anesthesia and Sleep Medicine:
<http://sasmhq.org>
 Sleep on it Canada: <https://sleeponitcanada.ca/>

Canadian Sleep and Circadian Network (CSCN):
<https://www.cscnweb.ca/material-for-patients-and-the-public>
 National Sleep Foundation:
<https://www.sleepfoundation.org/sleep-disorders>