

Supplemental material for

Lin Y, Saper R, Patil S. Long COVID shared medical appointments: lifestyle and mind-body medicine with peer support. *Ann Fam Med*. 2022;20:Online. <https://doi.org/10.1370/afm.2817>

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Supplemental Appendix. Sleep hygiene Instructions

Good sleep habits, also called good sleep hygiene, are practices to help you get enough quality sleep.

Do:

- Have a sleep schedule: Go to sleep and wake up around the same time every day, even on weekends and vacations.
- Clear your mind before bed: Make a to-do list early in the evening, so you won't stay awake in bed and worry about the next day.
- Create a good sleep environment: Make sure your bed and pillows are comfortable. Turn down the lights and avoid loud sounds. Keep the room at a comfortable temperature.
- Exercise every day: Stay active but try to avoid exercising during the few hours right before bed.
- Relax: Before bed, take a warm bath, read, or do another relaxing activity.
- See your healthcare provider: If you've been having trouble sleeping or feel extra drowsy during the day, talk to your provider. There are many treatments available for sleep disorders.

Don't:

- Consume caffeine, nicotine, and alcohol late in the day: These substances can interfere with your ability to fall and stay asleep.
- Lie in bed awake: It's better to do a soothing activity, like reading, until you feel tired.
- Nap during the day: A short nap (less than 30 minutes) is OK if you're very sleepy. But try to avoid naps after 3 p.m.
- Think negative thoughts: Try to avoid a negative mindset when going to bed, such as, "If I don't get enough sleep now, I won't get through my day tomorrow!"

- Use electronics right before bed: Electronics, such as your phone or tablet, can interfere with your body's production of melatonin. This hormone gets released before bedtime to help you easily fall asleep.