Five tips for maintaining good sleep habits
while staying at home and avoiding outings

With the spread of the COVID-19 infection, in Japan, people are spending more time at home due to a request to telecommute or not go outside. As a result, people's sleeping patterns are disturbed due to lifestyle changes and increased stress and anxiety. Disturbed sleep patterns make physical and mental health worse. Good sleep is essential for good health.

Here are five tips for maintaining good sleep habits.

1. Wake-up as usual and open a curtain

A zero-minute commute, i.e., working or studying at home, tends to delay your wake-up time. Maintain a regular wake-up time and bring sunlight into your room. These are important for a nocturnal sleep pattern.

2. Avoid taking a long nap

Prolonged naps disturb sleep at night. If you take a nap, keep it short and don't use your bed (an armchair is preferred). A 10 to 15-minute nap in the early afternoon is recommended for young people while a 20-minute nap is recommended for older people.

3. Use your bed only when you sleep at night

Activities such as working, studying, and reading should be done outside of the bedroom as much as possible. Even if it is difficult, use your bed only for sleep. Being active in bed weakens the connection between your bed and calm sleep.

4. Clearly separate daytime and nighttime life

When the house is at the center of work and home life, the boundaries of activity time and leisure time tend to be ambiguous. Be active during daylight hours; darken your room and relax away from electronic devices.

day   night

5. Don't worry if you can't sleep well for a couple of days

I must sleep!

Difficulty initiating or maintaining sleep is a normal reaction to stress or anxiety. If you try to sleep, you will not be able to sleep. Sleep will come if you stay calm and keep waking up as usual.

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Know more about these tips

https://www.edogawa-u.ac.jp/img/media/17994.pdf