



# Tips for Better Sleep

## During Times of Stress & Uncertainty

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- **Maintain a regular bedtime and wake-up time.**
- **Limit caffeine and alcohol.**
- **Exercise regularly (but not too close to bedtime).**
- **Don't avoid your feelings. Make time to acknowledge, talk about, or write about how you're feeling.**
- **Take a break from the news and social media, both of which can increase anxiety.**
- **Turn off your computer and phone 30-60 minutes before bed.**
- **Don't check your phone when you're in bed. And, if possible, don't sleep with your phone right next to your bed.**
- **Find positive outlets for your stress.**
- **Keep a consistent bedtime routine that includes a relaxing activity such as reading, listening to music, a bath or cup of herbal tea.**

Read more in the article [Insomnia In Times of Stress, Uncertainty, and COVID-19](https://livewellwithsharonmartin.com/insomnia-due-to-covid-19-coronavirus/)  
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