Sleep

Sleep issues affect both our physical and emotional wellbeing. There has been an increase in sleep issues during the COVID-19 pandemic.

Tips for a Good Night's Sleep

Avoid alcohol and caffeine close to bedtime.
Decrease screen time before bed.

Have a **consistent bedtime and wake time.**
Unwind before bed (e.g. shower/bath, read, yoga, meditate).

Stay physically active, but not within a few hours of bedtime, as it can have energizing effects.

Spend time outside in the morning to strengthen our biological clock**.**

Avoid eating large meals, instead have a light snack.

Get up if you can't fall asleep within 30 minutes. Do something relaxing then try again.

For more information:
www.mdsc.ca

Mood Disorders Society of Canada
La Société Pour **Les Troubles de L'Humeur** du Canada