

COVID-19 SLEEP CHECKLIST

HEALTH CARE WORKERS AND FIRST RESPONDERS

COVID-19 poses an enormous challenge to medical personnel. As a result of COVID-19, medical personnel are...

- working hard to give infected patients the best care available
- adjusting to the extraordinary changes brought on by COVID-19
- worried about their own health and infecting others
- concerned about the health of family and friends
- managing with limited or inadequate resources
- depended on to meet this global health crisis
- determined to give everything they can to combat COVID-19

Medical staff have been asked to work longer and harder, leaving them physically exhausted, emotionally fatigued, and increasingly sleep-deprived.

This document provides recommendations for sleep and fatigue management during high-intensity periods of work as a result of COVID-19.

RESTORING YOUR ENERGY

SLEEP WHEN YOU CAN

Prioritize sleep to stay well and provide the best possible care to your patients.

- Try to get 7 to 9 hours of sleep in a 24 hour period whenever you can
- Maintain a regular sleep schedule to the extent possible on duty and off-duty days
- Create a comfortable, cool, and dark sleeping environment

Ask yourself: “How can I can commit to getting more sleep? Am I prioritizing sleep?”

TRACK YOUR SLEEP

Identify a way to keep track of your sleep to help you monitor your energy.

- Use a wearable fitness tracker to monitor sleep and wake activity
- Use a phone app to track your sleep
- Keep a sleep diary

Ask yourself: “How much sleep have I been getting?”

SLEEP IN THE DARK

Manage light to help you get better sleep and be more alert when you are awake.

- Block light with eye masks and dark window shades to promote sleep
- Use light to prompt wakefulness: Open a window, turn on the lights, or use a light box
- Set your phone's blue-light settings to match your work/sleep schedule

Ask yourself: "Am I using light to manage my sleep and optimize my alertness?"

TAKE A BREAK

Give your mind a break during waking hours to restore your energy.

- Build in mental breaks: Walk outside, look at nature, or engage in a fun activity
- Find brief moments during the day to practice mindfulness and deep breathing
- Eat healthy foods and don't skip meals if you can avoid it

Ask yourself: "Am I finding time to take care of myself and give myself a break?"

MONITOR CAFFEINE USE

Know when and how much caffeine to use to help you maintain your energy.

- Limit caffeine intake to 400mg per day—about two medium (16oz) cups of coffee
- Try to avoid caffeine 6 hours prior to sleeping
- To reduce your caffeine use, decrease gradually. For coffee drinkers, mix caf & decaf
- Remember: Caffeine use is not a substitute for sleep!

Ask yourself: "How much caffeine am I using? Am I using it wisely?"

TAKE NAPS

If you can't get a full night's sleep, then take naps when you can.

- Take a 20-minute power nap to restore your energy
- Take a longer nap to catch up on sleep
- Shake off that groggy feeling after a nap with some caffeine to get back in gear

Ask yourself: "When and where can I catch a quick nap?"

INVEST IN SLEEP

You can incur a sleep debt for a little while, but your body will need to catch up.

- Sleep longer than you normally would on days off to try to catch up as much as possible
- Bank sleep ahead time to prepare yourself for long periods without sleep

Ask yourself: "Am I in sleep debt? Am I investing in sleep?"