

# COVID-19: Psychological Wellbeing

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## Help and Support

COVID-19 is bringing unrivalled challenges for us as individuals, and as part of a wider Irish society. It is important that we all as individuals do what we can to look after ourselves and also each other as we try to effectively manage this evolving situation.

If we want to check the facts then the best place to get information is from the HSE Website [www2.hse.ie/coronavirus](http://www2.hse.ie/coronavirus) or [www.HPSC.ie](http://www.HPSC.ie) where there are regular updates relating to COVID-19 in Ireland.

We are all facing practical and emotional challenges right now and in an effort to assist with grounding ourselves in responding as effectively as we can, we have put together a series of help sheets to provide information and steps that might be helpful.



## Managing Sleep

**GET 7 OR MORE HOURS**

**AVOID BEFORE BED**

**SLEEP WELL BE WELL**

**MONDAY-SUNDAY**  
**KEEP A CONSISTENT SLEEP SCHEDULE**

**SEEK HELP FOR POOR SLEEP**

Sleep is important for physical and mental health. While we sleep, we repair physically and mentally. During times of stress our sleep cycles can become disrupted.

Establishing a sleep routine and good sleep hygiene is important.

On the following page you will find some tips to help with sleep.

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## Guide to sleep hygiene

- **Avoid caffeine** for at least six hours before going to sleep
- **Avoid alcohol, nicotine, and street drugs** before going to sleep and throughout the night
- Avoid **bright lights**, including **television**, before going to sleep because they are stimulating
- **Don't exercise** or **eat a heavy meal** shortly before going to sleep
- **Avoid napping** during the day because it will make you less tired at night
- Make your **bedroom as comfortable** as possible by:
  - > keeping the **temperature at a cool** and comfortable level
  - > keeping your room as **dark** as possible (use sleep mask if needed)
  - > **minimizing** as much **noise** as possible (use ear plugs if needed)
- **Do not use your bed** for **working, reading, or watching television**. This way, your body will associate your bed with sleep, not with activity.
- If you have trouble falling asleep or if you wake up in the middle of the night and can't fall back to sleep, **get out of bed** and **do something soothing** until you feel tired enough to go back to sleep. **Don't lie in bed thinking** about other things; this will just make you feel more aggravated and make it harder to get back to sleep.
- Go to bed at the **same time** every night and wake up at the same time every morning. Create a **regular pattern** of sleeping and waking that your body can predict.
- Use some kind of **relaxation method** before going to sleep in order to calm your body and mind. For example
  - > taking a bath
  - > meditating, praying or using relaxation skills
  - > writing down your thoughts
- **If your sleep problems persist, if you can't stay awake during the day, or if you're feeling depressed, contact a medical professional for advice.**

