**Sleep Hygiene and “Mood” During the COVID-19 Pandemic**

Sleep too much or too little can influence mental health and increase depression. Your sleep should be *appropriately timed and without disturbances.* Consistency is key, even on weekends. Consistency is key even during a Pandemic.

Unhealthy sleep can be due to a volunatry sleep restriction (you decide whenand where you sleep) or unhealthy sleep behaviors. Keep yourself clean with good hygiene. Your also need to have good “sleep hygiene”= Good sleep habits.

Good sleep hygiene includes having regular sleep-wake patterns, removal of electronic media from your bedroom. This includes the phone. It needs sleep too. Avoid excessive caffeine use. Too much caffeine can also disrupt sleep and lead you to not only increase caffeine but more sleepiness. Use of any media or electronic device, even with a dim light can displace sleep. This then increases daytime tiredness the next day. Media use may cause increased sleep-disrupting mental, emotional, and physiologic arousal,

Insufficient sleep, tiredness, trouble sleeping, nightmares, being a long sleeper, poor-quality sleep and irregular sleep patterns are also associated with depressed mood, anxiety, and withdrawal. If you can regulate your sleep this might help you regulate your mood.

If you miss sleep and think you can catch up, this is only a temporary fix. Oversleeping on weekends or Covid 19 school days to compensate for sleep loss might make you feel less sleepy. This may be only for for that minute, but it can disrupt sleep-wake cycles and compromise alertness in the long run.

Good sleep habits (sometimes referred to as “sleep hygiene”) can help you get a good night’s sleep.

Some habits that can improve your sleep health:

* Be consistent. Go to bed at the same time each night and get up at the same time each morning, including on the weekends
* Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature
* Remove electronic devices, such as TVs, computers, and smart phones, from the bedroom
* Avoid large meals, caffeine, and alcohol before bedtime
* Get some exercise. Being physically active during the day can help you fall asleep more easily at night.

