STICKING TO A SLEEP ROUTINE

SET THE ALARM

Get up around the same time every day.Your get-up time is like an anchor to your day and night. Keeping a consistent get-up time will help other parts of your day fall into a regular routine and help you sleep better the next night.

OPEN THE CURTAINS

Get bright light into your eyes within a few minutes of getting up and seek light during the day. Our brain's body clock (or circadian pacemaker) is tuned by daily light. Morning bright light, when received by our brain at around the same time every day, is a powerful time signal of our body clock. Bright light has the added benefit of promoting alertness, which is particularly important if you find it difficult to get going in the morning. Try opening curtains and let in direct sunlight; if you don't have access to natural light, turn on bright indoor lights.

MORNING CALL

Make your first social interaction of the day at the same time each morning. When you are in isolation, interacting with others can be difficult. Try to have a phone or video call with friends or family at about the same time each morning. Even a quick "hello" and check-in is useful. The other person will probably appreciate the human contact too.

EAT AT THE SAME TIME

Eat meals around the same time each day, especially breakfast. Eating serves as a time-keeper helps tune our body clock. Eating meals at the same time of the day supports a healthy biological clock, which is important for sleep.

EXERCISE

Exercise around the same time each day, and avoid being sedentary for long stretches of time. Exercise indoors can be challenging. Many video streaming sites have nice at-home workouts you can follow.

DAY AND NIGHT

Keep daytime and night-time different and separate. Our body clock benefits from keeping day and night clearly distinguished. During daytime, keep living space full of light, and keep active. For instance, organizing, cooking, cleaning, and indoor exercises. In the evening, keep lights dim, and do quieter activities such as watching TV, reading.

TURN DOWN THE LIGHTS

Keep lights dim and block blue light on electronic devices 1 to 2 hours before bedtime. A dark environment can help your body naturally produce melatonin and prepare your body for sleep. To block out blue light from electronic devices, turn brightness of the screen to the lowest setting, and turn on apps such as f.lux (multi-platform) and Night Shift on iOS and Macs

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