Sleep

Poor sleep is common for sufferers of long COVID and is a major source of intensified symptoms. You may spend a night in bed, but wake up as tired as before going to bed. You may have trouble getting to sleep, wake in the middle of the night or early in the morning or sleep more than we want.

Some ways to help you sleep include:

1. Create a sleep routine. Go to bed and wake up at the same time each day, even on weekends.

2. Avoid caffeine, nicotine and alcohol within 4-6 hours of bedtime. These substances can make it harder to fall asleep.

3. Avoid eating late. Try not to eat a heavy meal within a couple of hours of going to bed.

4. Create a good sleep environment by keeping your bedroom dark, cool and quiet. You can use room-darkening shades, earplugs or a fan.

5. Avoid napping too much and limit them to no more than an hour and try not to nap late in the day.

6. Exercise regularly as regular physical activity can help you sleep better - although it's not recommended that you exercise just prior to bedtime.

7. Try meditation; mindfulness; counting; listening to music; sleep stories or podcasts.

8. Ensure that your bedding is comfortable and suits your body temperature.

If you need further information or support please have a look at our website at www.EmergeACT.org.au or the long COVID playlist on our YouTube channel at www.youtube.com/@arthritisact3717