Getting a Quality Sleep

Many of us have been working from home for over two months now. And it's fair to say that this change of routine might have affected our sleeping pattern. While I personally cherish that precious 45 minutes of extra time that I'd normally spend to commute, eventually it will all come to an end. Now that we're edging towards 'the new normal', perhaps it is now best to start getting back to our old sleeping habits.

As we adjust to a more hygienic, more cautious way of life and try to remain healthy in a time of COVID-19, focusing on sleeping well offers tremendous benefits. Sleep is critical to physical health and effective functioning of the immune system. It's also a key promoter of emotional wellness and mental health, helping to beat back stress, depression, and anxiety.

When it comes to health, sleep plays an important role. While more sleep won't necessarily prevent us from getting sick, skimping on it could adversely affect our immune system, leaving us susceptible to a bad cold or case of the flu. So here are some helpful tips for a quality sleep during the pandemic as recommended by the US National Sleep Foundation:

Set Sleeping Schedule and Routine
Establishing a routine can facilitate a sense of normalcy even in abnormal times. It's easier for our mind and body to acclimate to a consistent sleep schedule. This includes the wake-up time, wind-down time (such as light reading, changing into PJs, brushing your teeth, etc) and bedtime.

Reserve Bed for Sleeping
Working-from-home shouldn't be working-from-bed. It also means no eating on it and avoid bringing a laptop into it to watch a movie or series. Frequently changing your sheets, fluffing your pillows, and making your bed can keep your bed feeling fresh, creating a comfortable and inviting setting to doze off.

See the Light
Spend some time outside in natural light. Open windows and blinds to let light into your home during the day. Be mindful of screen time. The blue light produced by electronic devices, such as mobile phones, tablets, and computers, has been found to interfere with the body's natural sleep-promoting processes. Avoid using them an hour before bed.

Be Careful with Naps
A short power nap early in the afternoon can be useful to some people, but it's best to avoid long naps or naps later in the day that can hinder nighttime sleep.

Utilize Relaxation Techniques
Add deep breathing, stretching, yoga, mindfulness meditation, calming music, and quiet reading into your routine.

Watch What You Consume
Keep a healthy diet and be cautious with the intake of alcohol and caffeine, especially later in the day.

Do you have other tips for a better sleep? Do share with us to ***stara.pedro@jakland.co.id*** so we can feature them on.

Yours trully,

the community editor