



Solid Sleep Brings a Healthy Perspective

Serving Leaders in Life

[Tips from the Happify Researchers](#) (click on link to see entire article)

Pastor: During times of uncertainty, some may easily fall into a tailspin of stress and anxiety. The current Coronavirus crisis has many of us glued to the news and tossing and turning at night. Our old routines have been upended. We witness widespread uncertainty about the future, and we worry that we or our loved ones may become sick.

An important **WELLNESS** issue relates to *maintaining* a good *rhythm* of sleep. Below is a link to important tips from research and a *reassuring nighttime* meditation.

Don't Skimp on Sleep

You're not the only one lying awake at 2:00 a.m. playing out multiple "what if" scenarios in your head. It can be difficult to [drift off—and stay asleep](#) in times of stress. Yet, sleep is important to remain healthy and sharp. "Sleep deprivation has been shown to have a number of negative effects on the body and mind, including reduced positive emotion, increased fatigue, increased irritability, and difficulty with attention," says Happify's Director of DTx Product Design, Jared Minkel, Ph.D., a clinical psychologist and behavioral sleep specialist.





To get the best sleep possible, Minkel suggests the following:

- Stick to a consistent wake time.
- Stay active during the day. Set alarms to remind yourself to get off the couch and move.
- Avoid screens for at least 30 minutes before bed (this will limit exposure to blue light and to stress-triggering news stories, which can stir anxiety and worry).
- Find your favorite wind-down activity, such as reading a book, doing gentle stretches, or listening to pleasant music. If you'd rather watch TV, find something light-hearted and pleasant, like a familiar program of *Friends* or *Seinfeld*.

Click on the link below to listen to a nighttime meditation:

[Nighttime meditation from Abide](#)

