



Short Communication

Covid-19 Pandemic Effecting Sleep and the Guidelines for Proper Sleeping

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Introduction

Sleep play vital role for almost every aspect of human life. Pandemic coronavirus outbreak forced us to adjust to new normal in our daily routines; a lot of people have also experienced disruptions in their night time habits, resulting in poor sleep during the COVID-19 pandemic. Factors liked increase in anxiety and depression, screen time, and a lack of exercise play a part in our sleep quality which in turn further affects how well we function, feel, and our immune system, strong, healthy immune system gives us a little more of a barrier against developing a COVID infection, it's important to prioritize sleep It's important now as of pandemic to keep consistent wake time and sleep time every day. When working from home and adjusting to this new way of life, it becomes tempting to sleep in later than usual. These things aren't terrible, but added together they become a vicious cycle in which you're not getting to sleep at night; you're tired during the day so you take a long nap, and the cycle begins again leading to fall asleep at night. COVID-19 pandemic affected both insomnia- and circadian-rhythm-related disorders either [1].

Description

Sleep and mental health are connected intimately in major ways. The neurochemicals which are responsible for a good night's sleep help manage mood. Making sleep an essential part of our lives when it comes to maintaining our mental health

Disruption of Routine

Our usual daily routines like regular wake and sleep, meal times being altered because of the lockdown. All of these Changes impact the natural 24-hour internal clock plays a vital role in regulating our sleep pattern. By controlling our hormones and body temperature to make us feel alert during the day and tired in the night. Regular mealtimes and exposure to natural light are two of the most potent forces with our internal clock. But for many people prolonged lockdown has changed meal timings and the time they spend outside, effecting sleep cycle pattern.

The following tips may help improve your sleep habits

Daily sleep is made priority, physical activity and healthy eating, going to bed and wake up at the same time every day.

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Practice a relaxing bedtime ritual such as meditating, listening to soothing music, or reading a book but avoid tablets or computers reducing caffeine, nicotine, and alcohol. But avoid tablets or computers reducing caffeine, nicotine, and alcohol. Stay physically active by continue to practice social distancing during the pandemic. Avoiding long naps [2]

Importance of Sleep during the COVID-19 Pandemic

Sleep is paramount during the COVID-19 pandemic because of its benefits for both physical and mental health.

- Strengthening the immune system, brain function
- Enhances mood
- Improves mental health

Conclusion

COVID-19 effect such as the prevalence of the virus in hospital settings as well as an increased workload, are likely to be present for quite some time still. Maintaining sleep and well-being combining this with good practices of nutrition, physical activity and mental health care will be important to prevent fatigue and the risk of the more negative effects associated with contracting the virus.

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