

SCOUTING NETWORK FOR PSYCHOLOGICAL HEALTH

Together with resilience and kindness!

SLEEP

You need to plan your sleep just like any other daily activity.

– National Sleep Foundation

Why does sleep matter?

Good sleep is important to your mental and physical well being. From birth, a child needs to get enough sleep. One reason is that this gives the brain the time it needs to mature, making it more able to learn, sort, and memorize. Sleep helps to maintain and control our immune system at every age. And poor sleep can affect our level of concentration, our memory, and our emotional management.

Did you know that it's perfectly normal to wake up sometimes during the night?

We go from one stage of sleep to another during the night. A good night's sleep needs to be long enough for our body to go through each of these stages, namely:

- Stage 1: **Falling asleep**
- Stage 2: **Light sleep**
- Stages 3 and 4: **Slow, deep sleep**
- Stage 5: **Paradoxical (REM) sleep**

Sleep and the pandemic

The pandemic has significantly altered the normal routines of people of all ages and from all walks of life. Social distancing, work and school closures, and other disruptions have left people more isolated at home. In fact, it has even decreased their exposure to natural light, which can affect our awakening and sleep (Circadian rhythms).

The lack of a daily routine has led to longer periods of sleep since the beginning of the pandemic. This can have effects that are as significant as those of a lack of sleep, particularly in terms of concentration, irritability, and the desire to get moving.

TIPS

- Sleep 7 to 9 hours each night;
- Build a sleep routine;
- Create an atmosphere conducive to sleep (reduce the noise in the sleeping environment);
- Maintain a regular sleep schedule;
- Meditate/relax to prepare for sleep;
- Get some physical exercise each day;
- Take a hot bath;
- Go to bed as soon as you are tired;
- Limit your naps (if you do need to take a nap, keep it to under 45 minutes before 3:00 p.m.).

IN REALITY

- **1 in 4 adults** do not get enough sleep.
- **1 in 3 adults** have difficulty staying awake during the day.
- **1 in 2 adults** have difficulty falling or staying asleep.
- **1 in 5 adults** feel their sleep is not restorative.
- **2.3 % of adults** who sleep poorly also suffer from poor mental health.



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List of things to check	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
I maintain a regular sleep schedule and get up at the same time each day.							
I have a bedtime routine.							
I don't take a nap during the day.							
I meditate/relax to get ready for sleep.							
I create an environment that supports sleep.							
I go to bed when I am tired.							
I decrease my physical activity one to two hours before bedtime.							
I eat only light foods before bedtime.							
I am physically active every day.							
I avoid caffeine, nicotine, and alcohol before bedtime.							
Number of good sleep habits per night:							

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