



FOR IMMEDIATE RELEASE:

March 26, 2020

Contact: Chris Hendriks, VP  
PR & Communications  
516-705-3947  
Greg Sleter, PR & Brand Manager  
631-828-7418

### **COVID-19 Anxiety Causes Restless Nights**

ROCKVILLE CENTRE — Increased anxiety related to concerns about coronavirus (COVID-19) is causing periods of interrupted sleep or insomnia for some.

Catholic Health Services (CHS) experts offer tips on how to cope, saying getting the proper amount of sleep each night is vital to making sure your immune system is at peak performance. They add, a good night's sleep sharpens mental acuity and leads to reduced stress levels.

“During periods of high stress, it's crucial to get sufficient sleep, because it can increase our chances of minimizing the impact of COVID-19 or other ailments,” explains St. Charles Hospital's Sleep Disorders Center Coordinator Brendan Duffy, RPSGT, CCSH. “Sufficient sleep can help us reduce the time frame of coronavirus and accelerate recovery.”

A good night's sleep is also vital for those living with illnesses such as diabetes, obesity, high blood pressure, heart disease and depression. Experts say healthy sleep promotes better management of these underlying conditions.

For most adults, generally, seven to eight hours of sleep is required to maintain optimal health. Adolescents need between 8 and 10 hours of sleep nightly and younger children required between nine and 11 hours of sleep each day.

For those having difficulty falling asleep, or achieving a proper night's sleep, Duffy offers several tips.

- Reduce alcohol use and smoking
- Take a warm shower just prior to bedtime
- Take part in a pre-sleep activity such as reading or meditation

- Stay active and exercise at home to “earn” better sleep
- Maintain a normal routine and resist the temptation to drastically extend your time in bed

For more information, or to find a sleep expert visit [www.chsli.org](http://www.chsli.org) or call 1-855-CHS-4500.

### **About Catholic Health Services**

CHS is an integrated system encompassing some of the region’s finest health and human services agencies. With 18,000 employees, 6 acute care hospitals, 3 nursing homes, a home nursing service, hospice, a community-based agency for persons with special needs and a network of physician practices, CHS’s high standards have resulted in a 24% market share.

###