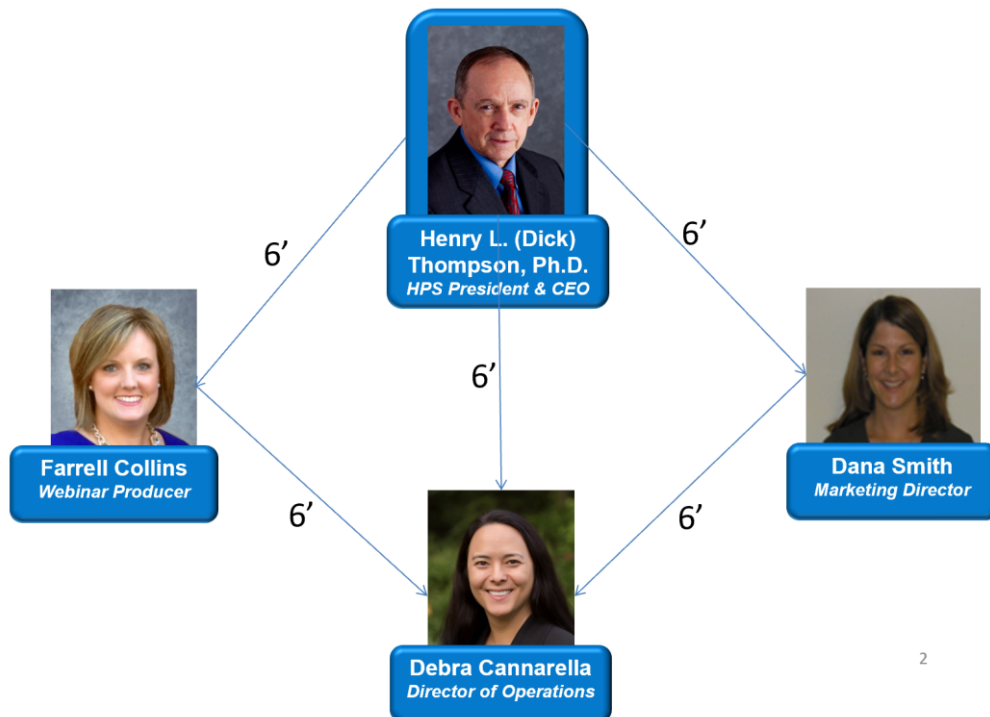


The Stress Effect: COVID-19, Stress & Sleep
Handout
24 APR 2020



The Stress Effect: COVID-19 Sleep



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The Stress Effect: COVID-19, Stress & Sleep
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The Stress Effect:

COVID-19 & Sleep

Today's Format:

- ❖ Introduction
- ❖ COVID-19 & Sleep
- ❖ Too Little/Much Symptoms
- ❖ Too Little/Much Actions
- ❖ Q & A
- ❖ Wrap-Up
- ❖ Follow-up Email



The Stress Effect:

COVID-19 Sleep



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The Stress Effect: **COVID-19, Stress & Sleep**

- ❖ Sleep is related to:
- ❖ Immunity
- ❖ Vulnerability to viruses
- ❖ Inflammation
- ❖ Stress
- ❖ Body weight
- ❖ Moodiness

Getting Less than 7 Hours:

- ❖ Obesity
- ❖ Heart disease
- ❖ Diabetes
- ❖ Stroke
- ❖ Depression
- ❖ Arthritis
- ❖ Kidney disease



The Stress Effect: **Symptoms of Too Little Sleep**

- ❖ Cognitive degradation
- ❖ Less working memory
- ❖ Storage & retrieval issues
- ❖ Slowed reaction time
- ❖ Micro-sleep issues
- ❖ Errors of omission
- ❖ Impaired eye-hand coordination
- ❖ Less oxygen to brain
- ❖ Less memory consolidation
- ❖ Difficulty in controlling emotions
- ❖ Brain not thoroughly cleaned/repared
- ❖ Hallucinations
- ❖ Vision/hearing issues
- ❖ Collapse

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The Stress Effect: **Actions for Too Little Sleep**

- ❖ Discipline
- ❖ Manage stress
- ❖ Maintain daily schedule
- ❖ No caffeine after 3:00 PM
- ❖ No screens an hour before bedtime
- ❖ No full/empty stomach
- ❖ Exercise
- ❖ Dark, quiet, no blue lights
- ❖ Comfortable bed
- ❖ Limit liquids
- ❖ Power naps



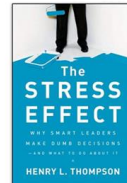
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The Stress Effect

Symptoms of Too Much Sleep

- ❖ Anxiety
- ❖ Low energy
- ❖ Memory problems
- ❖ Obesity
- ❖ Headaches
- ❖ Back pain
- ❖ Depression
- ❖ Heart disease
- ❖ Fogginess



The Stress Effect

Actions for Too Much Sleep

- ❖ Sleep less
- ❖ Reduce sleep in 15 min intervals
- ❖ Wake up at same time every day
- ❖ Reset your circadian clock

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The Stress Effect: COVID-19 Sleep

The Stress Effect Webinar Series

7 hrs

PTSD Site

COVID-19 Site

ARSENAL

Power Naps

Sleep Apps

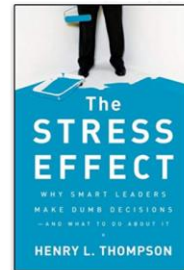
Summary Sheet

Emotional Intelligence

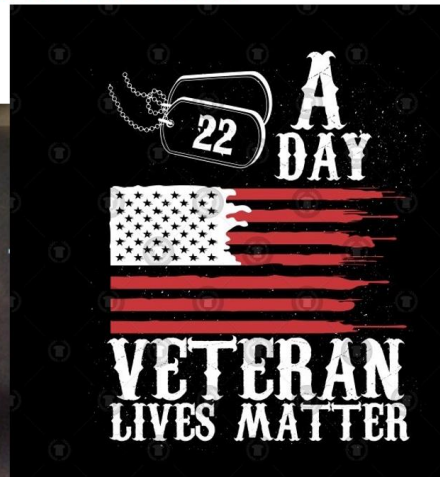
Self-Development Programs

Jocko Podcast #204, #205, #206

Call us: 706-769-5836 Email Debra@hpsys.com



The Stress Effect and Suicide Awareness



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The Stress Effect

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