

# How to beat the lockdown blues

## *Did you know...*

Bodily functions are heavily influenced by biological clocks which are distributed throughout your body (e.g., in your brain and components of your cardiovascular & digestive systems). Your clock's primary role is timing and orchestrating your body's everyday vital functions and aligning these to geophysical (solar) and social schedules. Disruptions to your daily routine (e.g., during lockdown) derail your clock which reflects negatively on your mood, energy, sleep, digestion, heart and immune system, just to name a few!

With COVID-19-related lockdowns causing unanticipated disruptions to our routine, we developed some guidelines to stay on a schedule to improve sleep and support your health and wellbeing.

### 1 - Don't ignore the alarm!

Get up and go to sleep around the same time every day.

*Tip: schedule something you want to do in the morning.*



### 2 - Follow the light!

Seek bright light (sun) in the morning and keep your space well lit during the day.

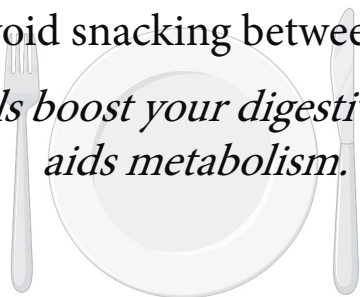
Dim the lights at night and avoid electronics (~60min) before bedtime.

*Your body will thank you for the timed release of pineal melatonin!*

### 4 - Breakfast → Lunch → Dinner!

Schedule meals around the same time every day. Avoid snacking between meals.

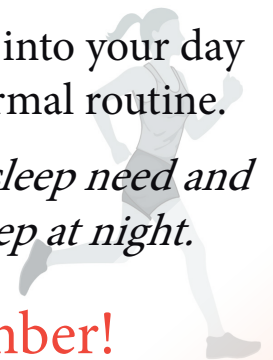
*Timed meals boost your digestive system and aids metabolism.*



### 3 - Get off the couch!

Take time to add exercise into your day as you would in your normal routine.

*Exercise aids to build up sleep need and thus helps you fall asleep at night.*



### 5 - Remember!

Beds are for sleeping and sex only.

*Working in bed creates an association that triggers work-related thoughts when in bed.*

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