



## Pandemic Stress & Disrupted Sleep

### RESOURCES

#### **CDC: COPING WITH STRESS**

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

#### **SEEKING PROFESSIONAL ASSISTANCE:**

Psychology Today: Find a Therapist

<https://www.psychologytoday.com/us/therapists>

National Suicide Prevention Lifeline: 1-800-273-8255

<https://suicidepreventionlifeline.org/>

#### **MOBILE APPS:**

Headspace

<https://www.headspace.com/>

Calm

<https://www.calm.com/>

COVID Coach

[https://www.ptsd.va.gov/appvid/mobile/COVID\\_coach\\_app.asp](https://www.ptsd.va.gov/appvid/mobile/COVID_coach_app.asp)

#### **ONLINE RESOURCES:**

Sleep Education (AASM)

<http://sleepeducation.org>

American Sleep Association



Washington University in St. Louis

BROWN SCHOOL

OPEN CLASSROOM



<https://www.sleepassociation.org>

National Sleep Foundation

<https://www.thensf.org>

National Institute of Health

<https://www.nhlbi.nih.gov/health-topics/education-and-awareness/sleep-health>