Pandemic Stress & Disrupted Sleep

RESOURCES

CDC: COPING WITH STRESS

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

ONLINE RESOURCES:
Sleep Education (AASM)
http://sleepeducation.org
American Sleep Association
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