

## Sleep and health: what have we learned from Covid-19?

### Video links

<https://www.youtube.com/watch?v=WYJ8ITJzqDQ> Coping with COVID-19: Sleep and Health 24 mins

[https://www.youtube.com/watch?v=3eLfn7Ewx\\_s](https://www.youtube.com/watch?v=3eLfn7Ewx_s) How to Sleep Better 5mins

<https://www.youtube.com/watch?v=9KaMufF0rAY> Sleep-Engineering: Improve Your Life by Manipulating Your Sleep | Penny Lewis | TEDxGrandRapids 16mins

<https://www.youtube.com/watch?v=awsuvzkwuY> The Importance of Sleep Hygiene in the Treatment of Depression, Anxiety and Addiction 61 mins

<https://www.youtube.com/watch?v=JRGJ5m3VHXo> COVID-19: Tips for Getting Good Sleep 2mins

[https://www.youtube.com/watch?v=Mh\\_dSzxpD5o](https://www.youtube.com/watch?v=Mh_dSzxpD5o) COVID-19: Virus Prevention Tips with Nutrition, Sleep and Exercise | Get Active TV 5mins

<https://www.youtube.com/watch?v=GDT16SxG0Cc> Strengthen Your Immune System with Sleep 3mins

<https://www.youtube.com/watch?v=2-JmbQ9Dlco> How to 'boost' your immune system to fight coronavirus 7mins