

## **Importance of Sleep**

***“When I wake up, I am reborn”  
Mahatma Gandhi***

We have been sharing so much information about the importance of several things to continue to think about or do during these uncertain times of COVID-19. One of those things that we have not mentioned yet is SLEEP!

Proper sleep is a vital component to a person’s overall health and wellness. Sleep allows for the body to repair and function for the next day ahead. It is linked to a healthy weight, hormone regulation, mental health, memory and concentration. When an individual does not get the proper amount of sleep, this dysregulates the body and can be attributed to cardiovascular disease, diabetes and depression.

Now, more than ever, we need to make sure we are taking care of ourselves to stay as healthy as we can during this pandemic. It has been reported that even our sleep has been affected due to COVID-19. Read an article about this [here](#).

Tips for a good night’s sleep:

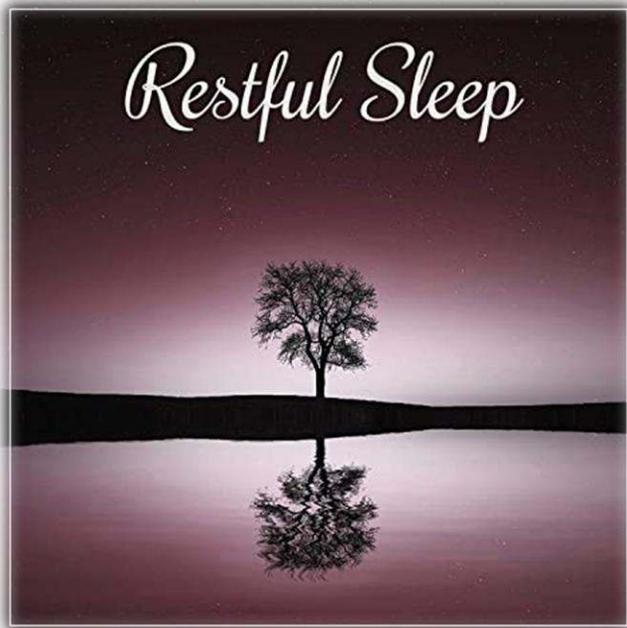
- Get 7-9 hours of sleep per night.
- Make sleep a priority by having it scheduled and keeping that schedule.
- Have a bedtime routine that allows you to relax, including turning off all the technology we use most of the day.
- Make your bedroom a safe, comfortable, calming place to be.
- Avoid large meals, alcohol or caffeine, especially close to your bedtime.
- Exercising regularly can assist with getting and staying asleep.

## **Coach-Connect**

Meet Jesse Vance, Peer Recovery Coach at Mon Health Medical Center in Morgantown, West Virginia. Although he has not been a coach long, he has been holding down the fort at Mon Health and continuing to refer patients and link them to treatment through COVID-19!



“On my day off, we had a patient come through the ED for alcohol intoxication. After losing his family, home, health, freedom, and his sense of self due to his inability to control his drinking for more than forty years, the gentleman had lost nearly every shred of hope that he could find a new way to live. Over the next ten days, with the help of three rotating case managers, a social worker, several nurses, the patient’s doctor, and multiple motivational interviews with the patient, we were finally able to place him in a 28 day inpatient rehab facility. After dozens of denied applications, closed facilities, and countless other obstacles, this gentleman was able to get the help that he wanted, needed, and truly deserved. It is experiences like these that remind me of why the field of peer support is pivotal. I am beyond grateful to be a piece of this wonderful team and to be involved in our mission to reverse the cycle!”



**Do you want to submit something to be featured in the Mosaic Minute? Let us know!**

We heard your feedback! The Mosaic Minute will now be accepting your submissions. Please reach out to us with your success stories, questions, pictures, or any other materials you would like to see highlighted [here](#). If you would like to submit pictures or any artwork, please send an email to your primary consultant! If you have not already, please feel free to give us feedback by filling out this [survey](#). This is also where you can submit any ideas you have regarding topics you would like to see.

## **In the News**

Many states are beginning to reopen or are sharing plans for what reopening will look like. It is important to continue to stay informed about what your specific state is doing and following the guidelines of the state you are in. Reopening can be scary and continue to feel uncertain, as we discover what the “new normal” will begin to look like. Continue to use the self-care tips that we have provided and lean on your supportive network to stay healthy and well during these strange times. We are in this together.



## **Thank you for all you do on the frontlines!**

**For more resources and information, check out our [website](#), or click the images below to follow, like, or subscribe to our social media pages!**

