Sleep is as important as diet and exercise to your health, but even under normal conditions, more than a third of us don’t get enough sleep.

Dr. Ilene Rosen, director of Penn’s Sleep Fellowship program, shares tips for better sleep during the COVID-19 pandemic, including breathing exercises and mindfulness meditation.

Other tips include:

1. Keep a routine. Stick to regular bed and wake times.
2. Get exercise daily, but not within 3 hours of going to bed. Ideally, get a brisk walk outside in the morning to early afternoon.
3. Do not stay in bed all day. Do not use electronics in bed, and leave Netflix in another room.
4. Keep your bedroom cool and dark.
5. Write things down in a “worry” book several hours before going to bed.
6. Practice deep breathing, meditation strategies, and progressive muscle relaxation.