



PROTECTING SLEEP UNDER STRESS: Practical Ways to Support Rest and Recovery

This is a 45-minute talk, followed by 15 minutes for Q&A

ABOUT THIS TALK:

In times of uncertainty, the nervous system does not fully switch off. It remains partially alert, scanning and preparing, especially at night. This makes sleep harder to initiate and easier to disrupt. What is affected is not just rest, but recovery - the process through which the brain resets, emotions are processed, and the body restores itself. The aim during such times becomes is to reduce activation and support the conditions for recovery.

KEY TAKEAWAYS:

- Understand how ongoing threat and uncertainty affect sleep and recovery
- Understand why effort and monitoring can interfere with sleep
- Learn how to create the conditions that support sleep and recovery
- Support children's sleep through regulation, routine, and proximity

