Dr. Scott & Dr. Lauren’s “Living with COVID, ASD & ADHD”

Episode 3: Adult and Child Sleep & Self-care

RESOURCES

ADULT SLEEP

- Quiet Your Mind and Get to Sleep: Solutions to Insomnia for Those with Depression, Anxiety or Chronic Pain, by Colleen E. Carney and Rachel Manber
- CBT-i Coach apps
- American Psychiatric Association – What Are Sleep Disorders?
- Sleep Foundation - Sleep Guidelines During the COVID-19 Pandemic and Sleep Tools & Tips

CHILD SLEEP

- Seattle Children's Hospital Sleep Hygiene for Children
- Healthychildren.org - Sleep Tips for Your Family

HELPING CHILDREN COPE

- American Academy of Pediatrics – Promoting Adjustment and Helping Children Cope
- American Academy of Pediatrics - Responding to Children’s Emotional Needs during Times of Crisis

BURNOUT AND RESPITE

- Library of Well-Being Resources at Duke - Library of Well-being Resources at Duke University
- COVID-19 Resource Guide for Parents & Families - Includes: What is Mindful Awareness?, Exercises include: Three Deep Breaths, Chair Yoga (Stretching), Reflective Writing, Three Good Things
- Emergency Resources: National Hotlines
- How to Care for Yourself as You Care for Others
- List of Recommended Self-Care Meditation Apps

VIDEO AND AUDIO

- Bite-Sized Resilience - Short (< 5 min) videos. Topics include Gratitude & Coping with Stress.
• **MEDITATIONS LED BY DUKE HEALTH**
  *All of these meditations are free and publicly available here: [https://www.hsq.dukehealth.org/](https://www.hsq.dukehealth.org/)*
  
  • **Duke Center for Healthcare Safety and Quality** - meditations on the podcast, “Disrupting Behaviors.”
  
  • **Duke Gardens** - guided meditations from a former Duke student and garden enthusiast
  
  • **Duke Health and Well-Being** – 35 meditation sessions
  
  • **Duke Integrative Medicine** - 9 meditations led by the Duke Integrative Medicine team. (5-10 mins. each.)
  
  • **CDC website – Coping with Stress during COVID-19** includes resources for Taking Care of Yourself & Your Community.