

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: Talking to Children about COVID-19, Creating a Schedule and Routine, Child Coping Strategies, Additional Childcare Resources
- [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/>

- [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](#).