

**I have noticed myself and other family members struggling with sleep. Difficulty falling asleep, staying asleep, total insomnia and vivid dreams especially have been plaguing my family. Is this normal right now?**

A: The current crisis has led to increased stress and anxiety for all of us. When we experience increased anxiety in a prolonged way, we are more likely to have a disturbance in our sleep patterns and the intensity and negative content in our dreams including surreal or disturbing images. Our sleep patterns can be linked to our daily happenings, interactions and information we take in each day. Anxiety, decreased activity, and increased screen time during the day can make it harder to maintain proper sleep habits and routines. This can lead to a later bedtime, less sleep overall, midnight or early morning awakening and an increased likelihood we remember our dreams. You are not alone in this as reports of sleep issues and vivid dreams have become a global problem. [Here are a few ways to get unwanted dreams under control](#), including: work to regulate your bedtime and morning routine, try to stay active during the day, reduce exposure to disturbing images and world news, and consider taking a warm bath before bedtime to promote a more peaceful sleep.