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Stress is a state of disrupted homeostatic balance. It is triggered by intrinsic or extrinsic stressors or situations that are perceived as a threat to one's well-being. The body counteracts by a range of complex physiological and behavioral responses to reestablish eustasis — the optimal body equilibrium [11]. The adaptive stress response involves an intricate network of neuroendocrine, cellular, and molecular infrastructure. Hypothalamic-pituitary-adrenal (HPA) axis and the autonomic nervous system (ANS) work in tandem with other vital centers in the central nervous system (CNS) and tissues/organs in the periphery to yield a successful adaptive stress response. Dysregulation of the stress system can disrupt the body homeostasis leading to a state of cacostasis (adverse effects) or allostasis (achieve stability). Stress and insomnia are not unitary constructs but these two aspects of mental health are intricately intertwined. Sleep and stress response share a common pathway – the hypothalamic-pituitary-adrenal (HPA) axis. Sleep, especially deep sleep, has an inhibitory influence on the HPA axis whereas; activation of the HPA axis can lead to