

Sleepless Solutions

When you Can't Sleep

- ◆ Don't get anxious over not being able to fall asleep.
- ◆ Don't force yourself to stay in bed. Instead do a quiet activity, like reading, or writing in a journal.
- ◆ Clear your mind of the day. If you have things on your mind, write them down to address the next day. Prepare for these times by keeping note paper next to your bed.
- ◆ Avoid bright lights – use night lights instead when you get up in the night.
- ◆ Practice calming exercises until you fall asleep.

Calming Exercises

- ◆ Deep Breathing
- ◆ Progressive Muscle Relaxation
- ◆ Visualization