

## Top Ten Things to Improve SLEEP

1. Instead of "Trying" to go to sleep try doing things that are soothing for you and your body. Eventually you will become drowsy and "fall" asleep when your body is ready. "Trying" to sleep causes a stress response and keeps you awake. No matter how much you have struggled, soothe yourself with the truth that following sound sleep principles will eventually lead you to a better sleep cycle. SleepCoach will help you train your mind and body over time to fall asleep more quickly and predictably.
2. If you are aggravated at someone or something (maybe even insomnia) write down your thoughts in detail. It may seem like extra work but you will find that your mind is more at ease and ready to sleep. Take it one step further and write an action item to make each point better. Knowing that you have a plan for tomorrow can help you rest easier tonight.
3. Make your bedroom cool, dark and quiet. If you share a bed ask your partner for help with this for the next few weeks. You may need to use earplugs and a sleep mask to cover your eyes.
4. Drink a warm drink like hot chocolate, chamomile tea or warm milk. Oatmeal and Turkey contain Tryptophan which induces drowsiness in most people.
5. Do some research in our sleep library to find out what can be done in the day to help you rest better at night. Print it out and read it so that the computer monitor does not stimulate more insomnia.
6. Make a cozy reading spot somewhere besides your bed and read until you are a little sleepy.

7. Instead of worrying about a good night's sleep take on a positive approach. Tell yourself something like "I will get enough sleep to function well tomorrow. Working this program I will feel more and more rested over time." A positive approach will help you restore you inner peace and help you get in a better sleep state. You can choose which truths you need to hear to soothe your mind.
8. Write a long task list for the next day. Let the paper be your memory and free your mind to rest.
9. Close your eyes and allow your mind to visualize pleasant places and pleasant memories. It is much more enjoyable than being mad! You are also likely to fall into short nap cycles and gain the restorative elements of sleep.
10. Choose an attitude of gratitude ~ for selfish reasons. You can help yourself feel better by thinking of reasons to give thanks. Even concentrating on little things like hot running water and electricity can help improve your mood. Try to be thankful for a full fifteen minutes with your eyes closed in bed.