

# Insomnia

## PHYSICAL

- Meditate
- Practice relaxation techniques
- Maintain your ideal weight
- Get massaged
- Exercise
- Spend time outside
- Practice yoga
- Enjoy activities during the day
- Aroma therapy

## RELAXATION

- Repeat a mantra word
- Recite favorite poems to yourself
- Say your prayers
- Read a thought or quote of the day

## REFLEXOLOGY

- Wiggle your toes

## SLEEPING ACTIONS

- Count backwards
- Masks to cover eyes
- Use ear plugs
- Read a page of a day book
- Count sheep

## TO DO IN BED

- Make bedroom sleep sanctuary
  - Reserve bed and bedroom for sleep, love and reading
- RELAXATION
  - Comfortable humidity
  - Let sunshine in
  - Listen to a relaxation CD that shuts off by itself
  - Eucalyptus twigs in a bed stand vase
  - Scented candles
  - Keep bedroom neat without clutter
- BED
  - Clean bedding
  - Bedding colors and textures should be soothing and peaceful
- ENVIRONMENT
  - INTERIOR DESIGN
    - Peaceful, calm décor
    - Have an aquarium with fish
    - Select peaceful wall hangings
    - Arrange furniture to block light
    - Cool and dark
    - Have plants
    - Room darkening shades
    - Walls painted in restful colors
  - No technology in room (television, computer)
  - Low watt bulbs
  - White noise machine
- NEAR BED
  - Water on bed stand
  - Place clock out of arm's reach
  - Comfort items organized neatly near bed

## BEDROOM

## DON'T

- Smoke
- Alcohol
- Nap too much
- Be angry
- Watch/read news before bed
- Eat a lot before bed
- Sleep on the couch
- No pets
- Avoid eating
- Avoid upsetting activities like bill paying

## NUTRITION/HEALTH

### NUTRITION

- Resist energy drinks
- Take calcium, zinc and magnesium vitamins
- Drink relaxing tea
- Drink plenty of water
- Eat food that promotes sleep

### HEALTH

- Get sunlight
- Consult doctor
- Check your thyroid
- Avoid medicine that keeps you awake/alert
- Address health issues

## SLEEP PATTERN/POSITION

### BREATHING

- Slow down breathing
- Do breathing exercises

### SLEEP PATTERN

- Wake up same time each day
- Create bedtime ritual
- Understand your sleep cycle
- Tell your companions when they can wake you
- Go to bed the same time every day

### POSITIONING

- Support body
- Sleep in your bedroom and your bed
- Pillow under knees
- Change your position

Visit sleep clinic for problems

Children in their own bed

## OPTIMISM/BEHAVIOR

### PROBLEMS

- Maintain safe environment
- Acknowledge what is bothering you and let it go
- Resolve disagreements

### BEHAVIOR

- If you can't sleep, get up, do something until tired
- Fight after dinner drowsiness
- Wear comfortable sleeping clothes
- Keep a sleep journal
- Do some good for others
- Behave well

### OPTIMISM

- Keep a gratefulness diary/journal
- Know you have the power to solve your problems
- Think positively – you are going to have a good night's sleep
- Imagine something happy
- Think positively and be happy

## BEFORE GOING TO BED

### FOOD AND DRINKS

- Drink a glass of warm milk
- Have rosebud tea
- Eat foods with tryptophan

### DE-STRESSING

- Write problems on paper and leave them there
- Avoid emotional discussions
- Stop watching television an hour before bedtime

### RELAXATION

- Turn off your mobile phone
- Massage or cuddle with your loved one
- Take a warm bath or shower
- Have sex

Brush and floss your teeth

Use the bathroom

Take a sleep aid suggested by doctor

Use a flashlight to use the bathroom