

OVERCOMING INSOMNIA

Objective:

To provide ways to deal with insomnia and improve sleep.

Insomnia is a common problem for many people and can be a symptom of a variety of psychological problems.

You may sleep too little, have difficulty falling asleep or have difficulty staying asleep. This lack of sleep can cause tension, irritability, and frustration, all of which continue to feed your insomnia.

In addition to therapy and taking any prescribed medications, you can also try the following to improve your sleep and possibly resolve your insomnia.

- Listen to soft music, read, take a warm shower or meditate before going to bed
- Exercise regularly (but not right before bed)
- Write a to-do list for the following day and then clear your head of those concerns
- Practice deep breathing or progressive muscle relaxation
- Avoid caffeine, alcohol, and nicotine, either entirely or at least in the evenings
- Keep your bedroom at a cool temperature (65-68 degrees)
- If you are sensitive to light and sound while sleeping, wear earplugs and a sleep mask. A white noise machine may also help.
- If you are having trouble falling asleep, get out of bed and do some light activity (like reading) in another room. Go back to bed when you feel drowsy.
- Go to bed and get up at the same time every day.
- Avoid eating heavy meals at least two to three hours before bed.
- Make sure your mattress and pillows are comfortable.

Keep track of your sleeping habits in the chart below, indicating when you have trouble sleeping and what you did to try to fall asleep or get back to sleep and whether not it worked.

Date	Time to bed	Trouble sleeping?	Methods tried	Successful?
		<input type="checkbox"/> Y <input type="checkbox"/> N		<input type="checkbox"/> Y <input type="checkbox"/> N
		<input type="checkbox"/> Y <input type="checkbox"/> N		<input type="checkbox"/> Y <input type="checkbox"/> N
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