

# Getting More Sleep Can Help Reduce Your Anxiety

Do you have a hard time falling to sleep or staying asleep? A lack of sleep will reduce the serotonin levels in your brain, which may make it harder to control your moods during the day. There are a variety of techniques that can help you get the sleep you need, but of course they only work if you are diligent at trying them and then using the ones that work best. Getting enough sleep is an important part of your overall plan to overcome your anxiety, but it is also important for your general health.

There are a variety of medications available to help you sleep, including prescription medication, herbs, and supplements, but always consult a physician before taking any kind of sleep aid.

Here are some other things you can try. Keep track of your sleep and the methods you use to sleep better on the chart on the next page. Track your progress for at least two weeks.

## Techniques to Help You Get More Sleep

- Listen to soft music, read, take a warm shower or meditate before going to bed.
- Exercise for at least a half hour each day, but not before you go to 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 before bedtime.
- 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, wear earplugs and a sleep mask or try a white noise machine to mask the sound. There are various white noise apps available if you have a smart phone.
- 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.
- Write down other ideas below:

---

---

---

# Sleep Diary

Date	Hours Slept	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
		<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
		<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
		<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
		<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
		<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
		<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
		<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
		<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
		<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