

POSSIBLE SOLUTIONS FOR SLEEP ISSUES

Source: Unknown

For difficulty getting to sleep:

- Avoid caffeine (coffee, tea, colas, chocolate);
- Make a list of what's on your mind;
- Do some gentle stretching exercises before retiring;
- Finish arguments before you try to go to sleep;
- Have a glass of milk before bed;
- Pray or meditate;
- Write in a daily journal for a diary;
- Avoid catnaps in the evening or late afternoon;
- Read a book or magazine;
- Listen to relaxing music;
- Try a relaxation/deep breathing exercise.

For waking up in the night:

- Get up and have a snack and a glass of milk;
- Keep a notebook to write in by your bed and unload your feelings or thoughts into it;
- Allow yourself to stay up for an hour and enjoy the peace and quiet;
- Imagine your thoughts rolling off the top of your head, down your side and away from your body like a fountain;
- Picture yourself sitting under a warm shower or waterfall, letting your cares be washed away for the time being.

For disturbing dreams:

- When you wake with a disturbing or thought-provoking dream, write it down;
- Turn on the light, look around, and maybe get up in order to "shake" the intense feelings of the dream;
- Picture your own ending to the dream;
- If you need to "finish" a dream, concentrate on it before you go back to sleep as a way of setting the stage;
- During the day, think about what your dreams might mean to you;
- If you dream about loved ones who are no longer living, try to see your dream as a visit with the person;
- When you are awake, remind yourself that you do not have some power and control over what happens in your dreams;
- With your repetitive dreams, notice the differences each time. Try to picture what you need to finish the dream.

For waking up too early:

- Get up and enjoy the day until you feel the need for a catnap;
- Go to bed later so you can sleep later;
- Put darker curtains over your windows;
- Use a fan to drown out noises.