

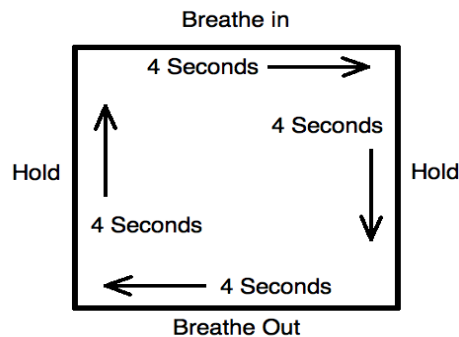
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How to Fix a Broken Sleep Cycle

Millions of adults in the United States are sleep deprived, either because they don't give themselves enough time in bed or because they have insomnia.

Healthy sleep practices include:

- Going to bed and getting up at the same time every day.
- Planning to be in bed only for the amount of time you're actually able to sleep.
- Using the bed for sleeping only (sex is an exception) to strengthen the "bed equals sleep" association.
- Getting out of bed if you're having a hard time sleeping to break the link between bed and being anxious about not sleeping.
- Challenging unhelpful thoughts about sleep (e.g. catastrophizing about how terrible the next day will be due to bad sleep).
- Practicing relaxation techniques to counteract the tension and anxiety that typically go along with insomnia (e.g. box breathing).



- Practicing mindful awareness and acceptance to interrupt sleep-related worries and to let go of efforts to force yourself asleep.
- Following other practices that promote good sleep, like limiting caffeine intake after lunchtime, making the bedroom cool, dark and quiet; keeping electronics out of the bedroom; and exercising regularly.
- Avoiding napping in general, which can make it harder to sleep well at night.
- Having a winding-down routine that signals your body and brain that bedtime is approaching (e.g. gently stretching, reading for pleasure, or drinking a cup of herbal tea).

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What sleep habits are you willing to incorporate into your daily routine to promote better sleep?

Book: Cognitive Behavioral Therapy Made Simple By: Seth J. Gillihan PhD

Worksheet by: Janay Bailey, LMHC