

## 10 Suggestions for falling asleep

- 1) At least 30 minutes before bed, make a to-do list for the next day then tell yourself you'll do it tomorrow. Take time to let it go, then focus on getting ready for bed.
- 2) 30 minutes before bedtime, write a worry list and tell yourself that there's nothing you can do now – but that you will address it when you have a chance tomorrow.
- 3) If you can't go to sleep in 20 minutes, get out of bed and do something - not the computer, housework or anything that will stimulate you (reading for pleasure can make you drowsy).
- 4) Practice a 'body scan' meditation
- 5) Listen to relaxing music before bed
- 6) Make sure the room is dark – use a 'blindfold' (and ear plugs) if necessary.
- 7) Devise 2 or 3 affirmations – short, positive sentences that make you feel good about yourself. Repeat them – like a mantra – and when you stray away and start thinking, gently bring yourself back.
- 8) Wake up and go to sleep at the same time every night. This sets your natural body clock.
- 9) Practice deep breathing – using the breath from your belly as your thought focus – each time you move away gently bring yourself back to your breath.
- 10) Use the 'Senses' meditation: Start with sound – listen and zoom in on one sound. Spend 10 seconds describing what that sound 'sounds' like; then spend 10 seconds saying goodbye to it. Choose another sound and do the same. Pick a third.  
Move to touch: choose something that is touching your body and spend time thinking what it feels like; 10 seconds to say goodbye to it. And so on. It does work with sight – but you focus on what you are visualizing, so physically watching.