

Take Care of your Sleep

Keep your routines in place

- Constant rise time
- Regular bedtime
- Regular meal times



Don't try to sleep

- Know that it's normal to have some sleep difficulty
- Remove any "musts" related to sleep



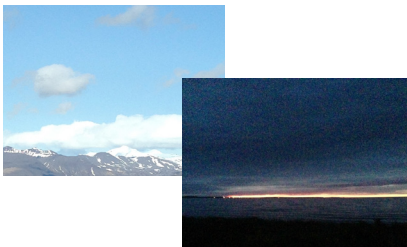
Leave the bed if not sleeping

- Go to another room, do something and return when sleepy



Be aware of 24-hour natural light patterns

- Bright light in the morning
- Dim light in the evening



Give your brain a break

- Stop working several hours before bed
- Turn off electronics / TV at least 1 hr before bed



Deal with worries

- Those under your control —> Clear your Head Time
- Those outside your control —> Float away



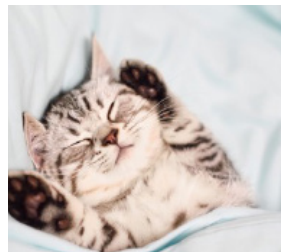
Manage Stress

- simplify
- relaxation, meditation
- watch alcohol consumption
- keep in touch with supportive others

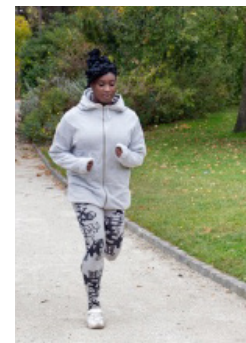


Take a nap if you are sleepy

- 1:00-4:00 pm is the prime nap zone



Get some fresh air and movement



Insomnia

- difficulty falling asleep or staying asleep
 - at least 3 nights per week
- causes distress or impairment in functioning
- Chronic ≥ 3 months

First-Line Treatment:
cognitive behavioural therapy for insomnia (CBT-I)

sinkintosleep.com