

SLEEP RE-TRAINING

IF YOU LIE AWAKE AT NIGHT UNABLE TO FALL ASLEEP FOR HOURS THIS STRATEGY IS FOR YOU.

You can develop a habit of not being able to sleep when you go to bed. Over time, you associate going to bed with insomnia.

Lying in bed, struggling to fall asleep for long periods of time, reinforces this thinking habit.

Use this technique every night to re-train yourself to go to sleep. Eventually, your brain and body will associate going to bed with sleeping so you will fall asleep more easily again!

1

Go to bed and try to relax for sleep.



2

If you can't sleep after 20 minutes, get out of bed and do some reading (but not on your device!)



3

When you start to feel sleepy again, go back to bed.



4

If you still can't sleep after 20 minutes, repeat the process.

