



SLEEP 101

by Rebecca Ogle, LCSW

Getting good sleep is essential to managing mood, stress, and memory.

If you try these steps for a few weeks and continue to struggle, see your doctor. They can rule out any medical conditions contributing to sleep problems, or recommend a sleep specialist, therapist, or psychiatrist.

PREPARE

Get **exercise** during the day to tire your body out. Even a 20-minute walk can make a big difference.

Limit caffeine past early afternoon. Depending on weight and sensitivity, it can stay in your system 5+ hours.

Avoid food and alcohol a few hours before bed. It can increase heartburn and nighttime waking.

Restrict time in your bed during the day, to help your body associate your bed with sleep.

ESTABLISH A ROUTINE

Get on a **time schedule**. Wake up and go to sleep around the same time each day (yes, even on weekends!). Your body will adjust to the consistency, and you'll fall asleep faster.

Start doing the **same actions** in the same order before bed. Here are some ideas:

- Make a cup of non-caffeinated tea
- Put on pajamas
- Brush your teeth
- Wash your face
- Take medications
- Read or listen to a low-key podcast

ADJUST YOUR MINDSET

Don't try too hard to fall asleep. Just relax and **let it happen**.

Bring yourself back to your body in the **present moment**. Focus on how comfortable your bed is and how relaxed you feel.

Can't stop racing thoughts or worries? Write them down in a **journal**.

Pain or headache keeping you up? **Cope** with a cold pack, heating pad, or Ibuprofen, or guided meditation for headaches.

SUCCEED IN SLEEP

Scent - Use a lavender candle or lotion.

Unplug - Put down the phone and TV.

Clothing - Wear soft, loose clothes to bed.

Cool - Keep the room chilly.

Ease - Cultivate a relaxed mindset - allow sleep to happen rather than forcing it.

Ear - Listen to the Get Sleepy podcast or a guided sleep meditation.

Dark - Use blinds/curtains to keep it dark.

Rebecca Ogle is a licensed therapist who provides therapy and teletherapy to folks with anxiety, depression, and self-esteem.

773-819-0494
rebeccaogle@therapysecure.com
<https://rebeccaogle.blog>

Copyright, Rebecca Ogle, 2020