

## RECOVERING FROM INSOMNIA

### CUT CAFFIENE:

- Cut your caffeine intake in half and stop it by 1 p.m. for the first 2 weeks (this includes coffee, tea, soda, energy drinks and chocolate)
- by the 3<sup>rd</sup> week, stop your caffeine intake by 10 a.m.
- Eventually, aim to stop caffeine altogether

### CREATE A CALM SETTING INDUCIVE TO SLEEP:

- Use the bedroom only for sleep and sex
- Do not watch television, play on your phone, read, or do work in the bedroom
- Keep the bedroom cool
- remove all clocks from the bedroom
- some people benefit from white noise or background noise of a fan

### WIND DOWN BEFORE BED:

- Exercise regularly, but nothing vigorous after 3 p.m.
- finish eating dinner by 7:30 p.m.
- limit alcohol intake, as it can disrupt REM sleep
- limit nicotine in the evening, as it can be activating
- develop some evening activities to help you unwind before bed, such as light journaling, or taking a slow walk outside
- some people use a worry box, where they write down stressors/worries/resentments/to do list on a piece of paper and drop it into a worry box by the front door in the early evening...they are free to pick their worries back up the next morning, but it helps to symbolically leave them outside the bedroom

### SLEEP STRUCTURE:

- no daytime naps
- get out of bed at the same time every morning, no matter how little you slept the night before
- if you cannot sleep after 20 minutes, leave the bedroom and go into another room...return when you are sleepy and try again

### BE PATIENT, BE POSITIVE...INSOMNIA IS TREATABLE

DOWNLOAD the free APP called COACH CBT-I...go to the "Tools" section for wonderful guided meditations and guided progressive muscle relaxation exercises to train you how to slow down your mind and body before sleep

### To work with a Sleep Specialist:

Aasm.org (American Academy of Sleep Medicine website). Under "Professional Sleep Resources," go to "Sleep Education." Hit "find a sleep provider" (they offer telemedicine as well as live referrals to sleep specialists).

OR

Google “Adult Insomnia...Behavioralsleep.com” (The Society for Behavioral Sleep Medicine), hit the drop-down menu upper left corner, and go to “provider search.”

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