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WHEN YOU CAN'T SLEEP

When You Can't Sleep:

Trouble falling asleep or waking in the middle of the night are common. These things may help:

- **Relax:** Instead of trying to sleep, try controlled breathing, mindful meditation, guided imagery, or listening to music.
- **Don't check the time:** Checking the time can lead to worry. Try to avoid this.
- **Get out of Bed:** If you have been in bed for more than 20 without being able to sleep, get out of bed. Try to relax out of bed with the lights turned down. Read a book, listen to soft music, or gently stretch.
- **Sleep Journal:** Recording your sleep every day may help you figure out things that could be interfering with sleep.
- **See Your Healthcare Provider:** If your sleep problems don't get better, ask your healthcare provider about treatments you can try.

References

Centers for Disease Control and Prevention. (2016, July 15). *CDC - Sleep Hygiene Tips - Sleep*

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