

Suggestions To Aid Sleep

1. Try not to become overly upset about not sleeping, as this just perpetuates your inability to sleep. Have confidence that *eventually* you will sleep again.
2. Go to bed and get up about the same time every day, including weekends. A regular routine keeps your inner clock set. If you always awaken early it may help to go to bed earlier.
3. Don't try to force sleep. If you cannot fall asleep after 30 minutes, get up, do something unexciting or peaceful, like knitting. Then go back to bed. Repeat this if necessary.
4. Take time to unwind. Do not go to bed after a flurry of activity, either physical or mental, like balancing your checkbook.
5. Take a warm bath and/or drink warm milk before going to bed. Warmth is soothing and milk contains an amino acid that helps you to sleep. Even cold milk may help.
6. Read light books, so the last thing you're thinking about is the book instead of your grief and other worries. It helps to get your mind off your insomnia.
7. Learn some kind of relaxation techniques. Try alternatively tensing and relaxing your muscles as you lie in bed.
8. Exercise daily, but NOT close to bedtime.
9. Always avoid all soft drinks, coffee, tea (hot or cold), cocoa, chocolate, and Anacin, which contain caffeine!! (Drink herbal, decaffeinated tea, or juices)
10. Don't watch TV in bed. Even dull, boring shows may keep you awake.
11. Be aware that sleeping pills, alcohol, and cigarettes may even cause insomnia. Alcohol or sleeping pills may help us to go to sleep, but as soon as they are out of our systems we wake up. We build up a tolerance and need more to get us to sleep. Barbiturates can cause death when taken with alcohol.
12. Try not to spend daytime hours in your bedroom. Reserve that room for sleeping at night. Do not nap during the day. Avoid heavy meals before retiring.
13. Try to sleep in a comfortable bed in a dark, quiet room.

Courtesy: Hospice of Larimer County Bereavement Services
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