

## KEY SLEEP BEHAVIOURS

*~ Sleep is the passive process of letting go and releasing the awakened state. ~*

### **STAY AWAKE UNTIL YOUR SLEEP WINDOW BEDTIME**

If you can't stay awake until your bedtime, this is a positive sign! Develop creative solutions to stay awake, i.e. ask your spouse to stay up with you, play cards, etc.

### **GO TO BED ONLY WHEN YOU ARE SLEEPY**

You may find it challenging to remain awake until your bedtime, but then when your sleep window arrives, you are wide awake. This is often a temporary problem, so just persist, be patient.

### **LEAVE YOUR BEDROOM IF YOU CAN'T SLEEP**

If after **20 minutes** you can't fall asleep, or if you awaken during the night and can't fall asleep, get out of bed. You are trying to teach your body and mind that bed is a place for sleep.

### **RISE AT THE SAME TIME EACH MORNING**

Set your alarm for the same rising time daily, no matter how much you slept the previous night. **ROUTINE IS KEY.** This is the best way to reset your biological clock and get your sleep on track.

### **DARK BEDROOM IS FOR SLEEP AND INTIMACY ONLY**

Do not read, watch TV, eat, talk, text, or work in bed. These activities are associated with wakefulness.

### **UNPLUG FROM ELECTRONICS AND UNWIND IN DIM LIGHTING TWO HOURS BEFORE BEDTIME**

Read, watch relaxing TV, listen to music, or just relax. Schedule your thinking/list-making time AWAY from bedtime. Mental stimulation can contribute to hyperarousal, worry, and racing thoughts at bedtime.

### **PRACTICE A PRE-SLEEP ROUTINE**

This cues and primes your body for sleep, i.e. put on your pajamas, wash your face, take a warm bath or shower, brush your teeth, lock the doors, turn off the lights, turn down the bed, etc.

### **BREAKFAST AND MORNING LIGHT**

Consume breakfast within one hour of rising and turn on bright lights or go outside for some morning light exposure. This helps strengthen your biological clock.

