

Top 10 Steps to a Good Night's Rest

Win the insomnia mind game by employing any or all of the following strategies that you need; if needed, take a sleep aid.

10. Treat any medical conditions present (e.g., pain, anxiety, restless legs syndrome).
9. Take a hot bubble bath.
8. Stretch calves and/or other muscle groups.
7. Make the room temperature comfortable.
6. Create some white noise like turning on a fan.
5. Read something, or listen to a podcast or music, *that is conducive to sleep*.
4. Try to make it pitch black by getting rid of as much ambient light as possible.
3. Count backwards from 100, but go two down & one back up (100, 99, 98; 99, 98, 97; 98, 97, 96; 97, 96, 95; etc.).
2. While doing that, relax every muscle in your body; make every part of your body heavy, melting into the bed.
1. Breathe slowly and methodically, mimicking how you think you might breathe while you are sleeping. Good night.

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