



Can't Sleep?

A SIMPLE PLAN FOR A BETTER TOMORROW

*Rest
Refuels
Resilience* ♥

DON'T LIE THERE TOSSING AND TURNING.

Get up. Do something boring. Try again. Repeat if needed.

1 AWAKE?

If you can't sleep, don't lie there.



2 GET UP

Leave the bed and go to another room.



3 DO SOMETHING BORING

Keep it low-stimulation and relaxing.

- Read something dull
- Puzzles
- A simple, repetitive task
- Calm music
- A warm (non-caffeinated) drink



4 AFTER 15-20 MINUTES

Try bed again.

If you're still awake after another 20-30 minutes, get up and repeat the process.



DON'T TURN SLEEP INTO AN EMERGENCY

- A bad night will not ruin you.
- Worrying about sleep makes it harder to sleep.
- It's normal to have ups and downs.
- You can still function well after a poor night.
- The more you stress, the more alert your brain becomes.

*Rest is a practice,
not a performance.*



QUICK REMINDERS

- Keep a consistent wake time (even after a bad night).
- Get daylight and some physical movement daily.
- Limit caffeine (especially after midday).
- Keep screens low in the evening.
- Make your bedroom cool, dark and comfortable.
- Alcohol and weed may help you fall asleep but disrupt quality sleep.
- **Be patient.** Better sleep takes practice.

SMALL STEPS
MAKE A BIG DIFFERENCE.

IF YOUR BRAIN WILL NOT SHUT UP...

- Write it down. Get the thoughts out of your head.
- Use a "worry parking lot." Tell yourself you'll come back to it tomorrow.
- Try a simple grounding exercise: 5 things you see, 4 you feel, 3 you hear, 2 you smell, 1 you taste.
- Use a calming phrase: "Thinking is not doing." "I can deal with this tomorrow."
- Keep the activity boring and repetitive.

*A calmer
tomorrow is
possible.* ♥