

Ten Tips to Overcome Insomnia

- 1. Only go to bed when you feel sleepy:** If you don't feel sleepy yet then don't go to bed. Your body will let you know the right time so there's no need to lie in bed wide awake wondering when sleep may arrive or thinking you 'should' be asleep.
- 2. Reduce caffeine:** Especially in the afternoon/evening. Drink something else or caffeine free varieties.
- 3. Make sure that your bed is comfortable:** You may spend seven or more hours a night in bed so make sure that your bed is comfortable. Many people are happy to spend hundreds of pounds to get a comfy bed for a week on holiday yet don't want to spend much less on improving the bed they spend most of the year sleeping in.
- 4. Regular exercise:** Regular, moderate exercise on a regular basis, such as walking, can help to reduce stress and make you physically tired, enabling you to sleep better at night.
- 5. Only use your bed for sleep:** Keep work, watching TV, eating and anything that isn't sleep for other rooms so that your mind can associate being in bed with sleep.
- 6. Turn your TV off an hour before bed:** TV is designed to stimulate – otherwise no one would watch it. So make sure you turn off the TV at least an hour before you go to bed – and definitely do not have a TV in your bedroom or watch TV in bed.
- 7. Reduce alcohol intake:** Alcohol can make you feel sleepy but then affects your sleep – causing you to wake up and making you need to go to the toilet. If you are having sleep difficulties, consider cutting out alcohol all together for a few days and notice how it improves your sleep.
- 8. Keep a pen and paper by your bed:** If you find your mind racing with thoughts when you'd rather be asleep then keep a pen and paper by your bed – jot down any important thoughts or things you need to do – and then you can forget about them knowing you've made a note of them.
- 9. Turn off your mobile:** Some people keep their mobiles by their bed and even check their texts/e-mails during the night – then wonder why they can't get back to sleep. Make sure you turn off your mobile or leave it in another room. If you use the phone for your alarm clock, then consider using a different clock.
- 10. No daytime naps:** If you take naps during the day then it can affect your sleep at night, making it harder to get to sleep or establish a routine.