

It's time to sleep.

5 tips to improve your sleep

STAY ON SCHEDULE.

Our bodies like routine when it comes to sleep. "Sleeping in" on weekends only makes it more challenging to get back on track on Monday. Do your best to keep the same bedtime and wakeup time every day, as often as possible.

YOU NEED TO CALM DOWN!

Avoid computers, iPads, Smartphones, and TVs for 1-2 hours before bed. Blue light emitted from these devices can delay the release of sleep-inducing melatonin, increase alertness, and negatively alter your circadian rhythm.



WHAT ARE YOU DOING IN THERE?

Be mindful of what you are doing in your sleep area, which includes not just your bed but the entire bedroom. Avoid doing stressful activities in the bedroom such as paying bills, doing homework, responding to work email, etc. Designate the bedroom for relaxing activities.

SLEEP ONLY IN BED AND USE THE BED ONLY TO SLEEP.

Don't fall asleep anywhere other than the bed, even if it is just for a minute! The experience of falling asleep should always be paired with your bed. It is equally important to only use the bed for sleep.

GET OUT OF BED!

If you can't sleep, get out of bed. Once you have been lying there for several minutes, very aware you are not going to be able to fall back asleep, it's time to get out of the bed. Staying in bed when awake only reinforces the association that the bed is a place you do NOT sleep.

Anissa Bell, LMFT
Clarity Therapy Associates
12526 High Bluff Drive, Suite 300
San Diego, CA 92130
(858) 400-4646
www.sandiego-therapy.com

*Providing therapy services including Cognitive Behavioral Therapy for Insomnia (CBT-I).
CBT-I focuses on correcting negative thought processes and implementing specific behavioral interventions to eliminate some of your old habits and environmental disruptions that are feeding your insomnia or sleep disorder.*