

# Managing lack of sleep in bed

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## 1. Remember: Making a lot of effort to get to sleep can backfire

Sleep is non-effortful

Being preoccupied with or trying too hard to get sleep, repeatedly watching the clock etc. may induce arousal and frustration rather than relaxation and sleep!

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## 2. Once in bed, keep the goal as staying relaxed

Deep breathing/ visualizing pleasant images/any other relaxation method that suits you may help

If you are in bed but do not feel sleepy, try to remain comfortable and relaxed, using a simple method that suits you

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## 3. Get up from the bed when you are not getting sleep for about half an hour...

...So that your mind does not associate the bed with wakefulness and frustration

Avoid tossing & turning in bed for very long when not getting sleep. Get out of bed- do an activity that you find boring/repetitive & not interesting/exciting/stimulating. Stop this activity and go back to bed as soon as you start feeling sleepy.

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## 4. Avoid taking stimulant substances close to bedtime

Caffeine, alcohol and nicotine adversely impact sleep

These substances can delay sleep-onset/ cause frequent awakenings or affect sleep quality.