

TIPS FOR A GREAT NIGHT'S SLEEP

1. *Go to bed at about the same time every night.*
2. *If you read before going to sleep, make sure the material is calming and enjoyable*
3. *Do a relaxing activity at least 1/2 hour before you want to fall asleep*
4. *While laying in bed, practice tensing and relaxing with nice deep and even breaths.*
5. *Tell yourself positive thoughts and picture yourself in a favorite, peaceful place.*
6. *Clear your mind of worries and hassles, telling yourself that you can address them tomorrow when you are more awake*
9. *Take a warm bath about an hour before bed*
10. *Have a glass of warm milk while you have your quiet time*
11. *Stay away from things that amp you up like video games and caffeine or alcohol*

DON'T:

- ◆ *Get into arguments before bed*
- ◆ *Start thinking about upsetting thoughts*
- ◆ *Watch violent TV or read distressing books before bed*
- ◆ *Stay up too late*

CBT+