

## **POSSIBLE SOLUTIONS FOR THESE PROBLEM AREAS**

### **Difficulty getting to sleep:**

1. Avoid caffeine (coffee, tea, colas, chocolate).
2. Make a list of what's on your mind.
3. Do some gentle stretching exercises before retiring.
4. Finish arguments before you try to go to sleep.
5. Have a glass of milk before bed.
6. Pray.
7. Write in a daily journal or diary.
8. Avoid catnaps in the evening (or afternoon).
9. Read a book or magazine.
10. Listen to relaxing music.
11. Try a relaxation/deep breathing exercise.

### **Waking up in the night:**

1. Go over some of the techniques in the preceding section for "getting to sleep."
2. Get up and have a snack and a glass of milk.
3. Keep a notebook to write in by your bed.
4. Allow yourself to stay up for an hour and enjoy the peace and quiet.
5. Imagine your thoughts rolling off the top of your head, away from your body.
6. Picture yourself sitting under a warm shower or waterfall, letting your cares be washed away for the time being.

### **Disturbing dreams:**

1. When you wake with a disturbing or thought - provoking dream, write it down.
2. Turn on the light, look around, get up to "shake off" the intense feelings of the dream.
3. Picture your own ending to the dream.
4. If you need to "finish" a dream, concentrate on it before you go back to sleep as away of setting the stage.
5. During the day, think about what your dreams mean to you.
6. If you dream about loved ones who are no longer living, try to see your dream as a visit with that person.
7. When you are awake, remind yourself that you do have some power and control over what happens in your dreams.
8. With repetitive dreams, notice the difference each time. Try to picture what you need to finish this dream.

### **Waking too early:**

1. Get up and enjoy the day.
2. Go to bed later so you can sleep later.
3. Put darker curtains over your windows.
4. Use a fan to drown out noise.