



Thrive Counseling Services

What to do when you can't fall asleep

- 1. Keep a sleep diary to find trends that could throw off your sleep.**
- 2. Avoid oversleeping and/or sleeping during the day.**
- 3. Avoid alcohol, tobacco, and caffeine in the evening.**
- 4. Try controlled breathing, a series of slow, deep breaths.**
- 5. Create a set sleep schedule.**
- 6. Wind down with relaxation techniques (yoga, meditation, mindfulness, reading, coloring, etc.).**
- 7. Stay away from electronics at least a half hour before bed.**
- 8. Create a good sleep environment (dark, cool and quiet).**