

Sleep Buddy Tips

(for the Sleep Buddy Lesson of the Sleep to Healthy Podcast Course on How to Cure Your Insomnia)

Do: Only engage with your Sleep Buddy when they are in the mood. So don't go to bed unless you know you are sleepy. You are sleepy when you have trouble focusing, you have trouble keeping your eyes open or when you find yourself nodding off.

Only stay in bed if you are sleeping or sleepy. You are sleepy:

If you can activate your mind's eye and engage in relaxing thoughts such as recalling pleasant memories or places.

If you relax your eyes and your eyelids stay closed.

If you realize you have been in bed a long time (judged without looking at the clock) and you haven't slept yet, it's probably time to get out of bed.

When you get out of bed, engage in relaxing but absorbing activities such as reading an interesting but non-stimulating book, playing solitaire or listening to music or an audiobook. Experiment and find what has the right balance – not too boring, not too stimulating.

Have a warm and comfortable place ready for you when you have to get out of bed at night, something that competes with the comfort of staying in bed.

Avoid seeing any clocks from about 1 hour before bedtime until your alarm sounds in the morning.

Get up and start your day at about the same time each day, preferably waking when there is sunlight.

Be patient. You have created a bad relationship with your Bed Buddy over a long period of time. It will take time to regain

Don't: Your Sleep Buddy is jealous. Don't share your bed time with stress causing activities such as discussing contentious issues, work issues, screen time or other non-sleep related activities.

Don't do anything to try to control or force sleep. It does not work. Think about things that engage your mind and let the sleep relationship develop on its own with no performance expectations.

Don't fret about occasional bouts of restless nights. This is perfectly natural. In fact, if life's stresses don't disturb your sleep, that might be an issue worth investigating with a professional.