

SLEEP & SELF CARE

Managing anxiety related sleep disturbances



www.sleepfoundation.org/

Managing anxiety, especially during the night or while preparing to sleep, involves incorporating relaxation techniques and coping skills. Here are several strategies that may be helpful:

Deep Breathing:

Practice diaphragmatic breathing by inhaling deeply through your nose, holding for a few seconds, and exhaling slowly through your mouth. Focus on your breath to promote relaxation.

Progressive Muscle Relaxation (PMR):

Systematically tense and then release different muscle groups, starting from your toes and working your way up to your head. This helps release physical tension and promotes a sense of calm.

Guided Imagery or Visualization:

Imagine a peaceful and calming scene, such as a beach or a serene forest. Focus on the details and immerse yourself in the calming sensations associated with that environment.

Mindfulness Meditation:

Practice mindfulness by bringing your attention to the present moment. Observe your thoughts without judgment, and gently redirect your focus to your breath or a calming sensation.

Grounding Techniques:

Engage your senses by focusing on the immediate environment. Name five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you can taste.

Breathe



Aromatherapy:

Use calming scents like lavender, chamomile, or bergamot. Consider using essential oils in a diffuser or applying a few drops on a tissue placed near your pillow.

Listening to Relaxing Music or Sounds:

Create a playlist of soothing music or nature sounds. Listening to calming sounds can help distract from anxious thoughts and promote relaxation.

Sleep Hygiene:

Establish a bedtime routine and create a comfortable sleep environment. Avoid stimulating activities before bed, limit screen time, and keep the bedroom dark and cool.

Progressive Relaxation for Sleep:

Focus on relaxing each part of your body starting from your toes to your head. As you relax each muscle group, imagine the tension melting away.

Breath Counting:

Focus on counting each breath, inhaling and exhaling. This simple mindfulness technique can help divert attention from anxious thoughts and promote relaxation.

Journaling:

Write down your thoughts and feelings before bedtime. Journaling can serve as a way to process emotions and reduce the impact of intrusive thoughts.

Positive Affirmations:

Repeat positive affirmations to counter negative thoughts. Focus on statements that promote a sense of calm, safety, and self-assurance.