

# How to Befriend Sleeplessness

8 simple tips for what to do when you wake up in the night and are struggling to get back to sleep.

## **Step 1**

Remember that everything can seem magnified in the middle of the night. Comfort yourself with the knowledge that, in the morning, your perspective will be different and your worries and concerns will feel more manageable.

## **Step 2**

Give yourself a hug. Curl up into the foetal position, wrap your arms around yourself and squeeze. Know that you are doing well.

## **Step 3**

Smile inwardly. Smiling is a natural way of relaxing your body and lifting your spirits. Imagine your mouth stretching into a wide smile and feel the sensation of wellbeing in your body.

## **Step 4**

Be compassionate with yourself. Be kind towards the part of you that is immersed in circling thoughts. Thank it for its protective intentions towards you and invite it to rest.

## **Step 7**

Move. Sit up or get out of bed. Stretch. Perhaps get a cup of tea. This will literally move you into a different zone and help you to break the cycle of repeating and overwhelming thoughts.

## **Step 5**

In your imagination, put all that "stuff" that is keeping you awake in a container that feels separate from you... in an imaginary box on the floor or in a drawer of your bedside table.

## **Step 6**

Choose a positive affirmation to repeat to yourself as a way to calm your spirit. Something like: *All is well. I know that I am loved. Everything will be OK.* Choose the words that speak most deeply to your needs.

## **Step 8**

Let go and trust that sleep will return to you without you needing to force anything.