

Self-Care For Insomnia



Insomnia (or difficulty sleeping) is a problem for many people, and the worry about not sleeping can become a problem of its own. Occasional insomnia is common and may be a response to excitement or temporary worry. It will do you no harm as long as you remain reasonably energetic in your daily life. Also, you may not realize that you need less sleep as you get older, and may think you have insomnia if you can't get the hours you were used to getting. If you do feel overtired or too tense to relax, try the following tips. If you don't get results, consult your physician – it's possible that you may be experiencing anxiety or depression.

1. Try not to work in bed. If the bedroom is used for paying bills or studying, entering it can become a signal to become active rather than to go to sleep.
2. Instead of watching TV before bedtime, listen to relaxing music and practice deep breathing for 10 or 20 minutes.
3. Get some exercise every day so your body feels tired at night.
4. Try a warm bath before bed. Adding some Epsom salts or a few drops of lavender will increase your relaxation.
5. Make sure your bed is comfortable and that you are not too hot or too cold.
6. Avoid alcohol and caffeine in the evening.
7. A snack before bed helps many people, but a big meal may keep you up as your digestive system works overtime.
8. Use relaxation techniques such as slow abdominal breathing. Breathe slowly concentrating on filling your abdomen like a balloon when inhaling and flattening your abdomen when exhaling. Continue for up to 5 minutes at a time but stop if you get dizzy.
9. Try some gentle floor stretches before bed. First stretch - lying down with your feet on the floor and your knees up, lower your knees from side to side. Second stretch - tilt your pelvis forward and back several times. Third stretch - slowly turn your head from side to side. Lastly - stretch gently and slowly anywhere that you feel tight.
10. Regular massage can help relieve cumulative tension in your body. People often report that they sleep better after a massage.