

What TO do:

- Stop working and relax an hour before going to bed.
- Go to bed and wake up at the same time every night, as consistently as possible
- Do a relaxation exercise (see Table 3, below) just before getting into bed.
- Continue to focus on your breathing when you get into bed. Rather than focus on your thoughts, focus on your breath, the warmth of your body, the softness of the bed, etc.
- Use the bed for sleep (and sex) and that's all.
- Have a comfortable environment, no TV blaring, computers humming, lights on, etc.
- If you have an important thought, that you can act on in the morning, write it down on a pad of paper you keep next to your bed for such "emergencies!"
- If you wake up at night,
 - o first do the relaxation exercise (Table 3), in bed.
 - o if still awake after 20 minutes, get up and out of bed and do something active in a different room, such as reading, dishes, clothes, etc (try not to watch TV, which can keep you in an alpha state, keeping you up longer than you would if you did more active tasks).
 - o When you feel tired, do your relaxation exercise again, in a chair and continue it in bed, lying down.
 - o Repeat this cycle as often as you need to, never staying in bed, awake, for more than 20 minutes.

What NOT to do:

- Don't take naps during the day. It may be rough for the first few days, but it will soon pay off.
- Don't drink caffeine, especially after 2pm.
- Don't drink alcohol, certainly not within three hours of going to bed (alcohol causes a rebound effect. It will get you to sleep faster, but it typically wakes you up several hours later)
- Don't read, watch TV, do work, argue or do anything else in bed, except sleep and sex.
- Don't exercise within three hours of going to bed.
- Don't eat spicy food at night.
- Above all, don't worry. It only makes things worse (and will give you more to worry about).