

Tips for Falling Asleep

1

Mind and Routine

- Stick to a schedule – Go to bed and wake up at the same time every day, even on weekends.
- Create a wind-down routine – Start relaxing 30-60 minutes before bed (e.g., reading, light stretching, meditation).
- Avoid stimulating activities – No intense exercise, work, or screens at least 1 hour before bed.
- Limit naps – If you nap, keep it under 30 minutes and before 3 p.m.

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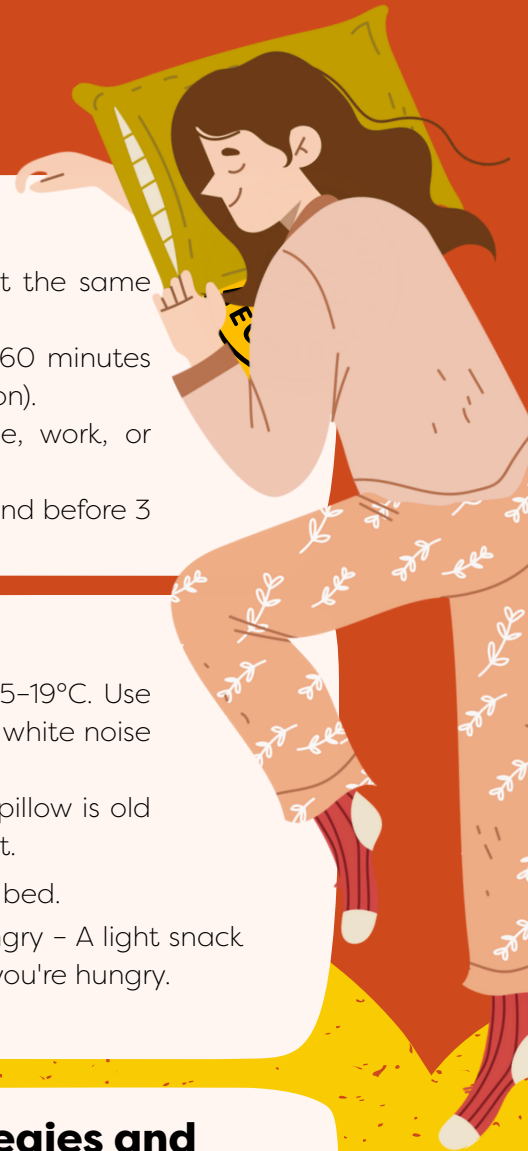
Environment and Diet

- Cool, dark, and quiet room – Ideal temperature: 15-19°C. Use blackout curtains or an eye mask, and earplugs or white noise if needed.
- Comfortable bed and pillow – If your mattress or pillow is old or uncomfortable, it may be time for a replacement.
- Avoid caffeine – In the evening and before bed.
- Don't go to bed too full or too hungry – A light snack (like banana or almonds) is okay if you're hungry.

3

Coping Strategies and Relaxation techniques

- Box breathing
- Body Scan
- Calming self-affirmations
- Guided Imagery
- Tense and Relax
- Listening to ASMR
- Audio books or podcasts
- Aromatherapy



Tips that worked for others

- Wear sunglasses indoors for an hour before bed - this can trick your brain by creating a fake sunset
- Cool head + Warm feet = sleepy brain
- Blink fast for 60 seconds - your eyes get tired and can trick your brain into sleep mode
- If you have an early start to your morning, prep everything before bed - this can help you relax and not think about the things you have to do once you wake up.
- Remind yourself, even if you can't sleep, you are still getting the rest you need - this helps your brain relax and stop stressing over not being able to fall asleep
- If you've been trying for a long time, get up and lay flat on the floor. Try to stay as still as possible. After 5 or 10 minutes, go back into bed.

- Cognitive shuffling - focus your thoughts on selecting a simple word and then thinking of other words beginning with each letter of your selected word. E.g. Pen = Phone, Elephant, Napkin
- Guided imagery - create a fictional story in your mind and add as much detail as you can to it. Like a book with many pages and chapters, or a TV series with many episodes and seasons, keep adding onto your story each night.

But only little by little. Take it slow, no need to rush, focus on the details. The more your brain focuses on the story, the more tired it will get eventually.

- Imagine going through the black hole as though you're going through a tunnel slide. Keep sliding and sliding until your brain starts slipping into sleep

- Tops to tails - switch up for the night and put your head where your feet normally goes and vice versa
- Relax your eye muscles - close your eyes. Move your eyeballs to the top, left, down, right, up, look around in a circle and repeat the opposite way. This helps tire your eyes out and feels relaxed once you're done.
- Heres a classic: counting sheep!
- Body scan - scan your body from your toes up towards your head. Focus on how each part of your body feels as you work your way up.
- The Ceiling Movie - Imagine your ceiling is a movie screen showing calming visuals (clouds drifting, underwater scenes, forests). Let the "movie" slowly fade to black.



Tips that worked for others

- Close your eyes, imagine numbers being written on a chalk board, slowly. Really focus on each number as it is being written and formed. What's the highest number you can reach? Some say they fall asleep by 30!
- Pick a colour and imagine all the things in the world that are that colour. Eventually, your brain gets tired and starts drifting off.
- Focus on your breathing, the sound, the sensation, the heaviness or lightness. Imagine your lungs doing the work to help your breathe. In and out, in and out.
- Random words! Think of random words that don't link and have no connection. Keep going until your brain is drained of energy. E.g. butter, cat, school, bedroom, trees.

- Reverse psychology - tell yourself "i have to stay awake, don't fall asleep". This makes your brain realise how tired you really are instead of how aware you are when you think "I have to fall asleep"
- Weighted breath - As you exhale each breath, imagine your limbs getting heavier, like sinking into warm sand. Work your way from toes to head.
- Reverse Blink - Keep your eyes closed except for a slow blink every 5-10 seconds. This lightly fatigues your eyelids and reduces mental chatter.
 - Picture a single object in a blank space - e.g. a candle, a lego tower, a slide etc, - imagine it going away from you further and further as you run towards it
 - Invent a tiny, calm creature (like a snail in a tiny bed) and imagine its slow bedtime routine. Watching it fall asleep in your mind nudges your own body toward relaxation.

- Colour drip - Close your eyes and visualize a slowly dripping paint of one color over everything in your mind. Watch it cover objects and fade to black. Slowly filling your inner world with "sleep color" helps cue drowsiness.
- Mental sculpting - Imagine molding a piece of clay with your hands—slow, deliberate motions, smoothing, pinching, shaping. The tactile imagination tires your brain like actual movement would.
- The life history of objects - Pick objects in your room and imagine their "life story" from creation to now, minute by minute. A pen was born in a factory, traveled across the world... now resting on your desk. This micro-imagination is oddly absorbing and soothing.

