

## **Using Mindfulness techniques to help with Sleep Problems**

**Typical response to problem sleeping. Negative self-talk about consequences of missing sleep and frustration with inability to sleep.**

**What we really need is a good night's rest. If we can lay down, relax the body and calm the mind we will be fine the next day. Let go of goal that I have to get to sleep and substitute goal to rest mind and body. Whenever negative thoughts arise, repeat this reframe in your mind.**

**If lot of thinking, do a simple practice to increase concentration such as Focus on Breath. Options: combine with counting, Thich Nhat Hnah breath.**

**Body relaxation. Relax anything tense. Could systematically move attention through the body relaxation.**

**Good way to calm mind is to focus attention on relaxing facial muscles.**

**Combine breath with relaxation. With one outbreath let the natural relaxation in breath help you soften muscles of the face. calm the mind. You could use the label *Calm* as you calm the mind. With next Outbreath let the natural relaxation of the chest muscles spread to relax the rest of the body. You could use the label *Relax***

**Try other rest states—blank mental screen or silence. Focus on All Rest.**

**Practice lovingkindness or a Focus on Good technique.**