

Cheat Sheet

Getting to Sleep

Core Principles

As with anxiety, resisting sleeplessness only exacerbates it.

Being less concerned with falling asleep will help you sleep better.

You can't will yourself to become sleepy.

Implement these principles with the *half-hour rule*:



- ✓ If you're not falling asleep, don't lie there and "keep trying." It will only stress you.
- ✓ After roughly 20-30 minutes (don't watch a clock), get up.
- ✓ Go into a different room, do something relaxing for 20-30 minutes, then go back to bed.
- ✓ If you become sleepy, great. If not, don't worry about it. Just repeat the process as many times as you need.
- ✓ **Remember:** missing sleep is very common and isn't a big deal.