

Exercise sheet

HELP FALL ASLEEP



When we find it difficult to fall asleep, we're quickly invaded by the stresses of our life. Then we start to ruminate, question ourselves, worry... Whatever the position in bed, sleep refuses to come and we grow increasingly tense. If we're anxious by nature, we can even start worrying about not having enough sleep to cope the next day, like the snake that bites its own tail...

It's therefore essential to remember that almost nothing can be done during the night and that, on the contrary, thinking about problems at night will only make them seem bigger and scarier and more insurmountable. Bed is not the place to try to solve problems, and getting a good night's sleep to wake up with a clear mind will be far more effective than any nocturnal speculation to deal with a stressful situation. Remembering this is sometimes enough to fall asleep.

On the other hand, other times, even by remembering this, we still can't get to sleep. That's when we need to ""lie"" to our body so as not to become even more tense and tired. Indeed, if we can't force ourselves to fall asleep, we can at least put ourself in ""rest"" mode, in other words, let go and relax so as to be in recovery mode, as during sleep. Here is an exercise you can do to completely relax the body:

- Lie on your back, close your eyes, with your legs slightly apart and your arms alongside your body.
- Then concentrate on each part of your body, one at a time, to relax them, starting with the face in the following order: forehead - eyebrows - jaws - tongue - neck - shoulders - one arm, then the other - belly - buttocks - one leg then the other, lingering on the ankles - feet.
- To help yourself relax each part of the body, we advise you, when necessary, to first contract the member before relaxing it to clearly identify the two possible states and to stay in the relaxation mode.

Exercise sheet

HELP FALL ASLEEP

Once the body is relaxed, to best imitate the sleep state and continue to deceive our body, we have to reduce our heart rate as much as possible and it
There are breathing exercises for this. Here is one to test:

- Lie on your back, close your eyes, legs slightly apart and hands placed on your belly.
- Then breathe in by swelling the belly and count up to 4 at the same time as slowly as possible.
- Block your breathing for a few seconds.
- Then breathe out very slowly through the mouth, as if you were blowing through a straw, counting up to 4 again as slowly as possible.
- Repeat ten times.

Often, by deceiving our body in this way, it will finally fall into a real sleeping state. If not, it doesn't matter, you at least gave your body and mind the opportunity to be in a state of recovery close to that of sleep, and you'll have a greater impression of rest.

REMINDER :

It's important to remember that if you find it difficult to fall asleep, you should try to at least achieve a state of relaxation close to that of sleep. It's important to stay in the dark and not to be in front of a screen (TV, phone, computer...). These are stimulants for the brain and are therefore the opposite of what we want for our body and our mind, in other words, rest. In addition, if you don't want to increase the anxiety of lack of sleep, it's better not to look at the time, so hide or turn off any devices that could give you the time (alarm clock, laptop, etc.).