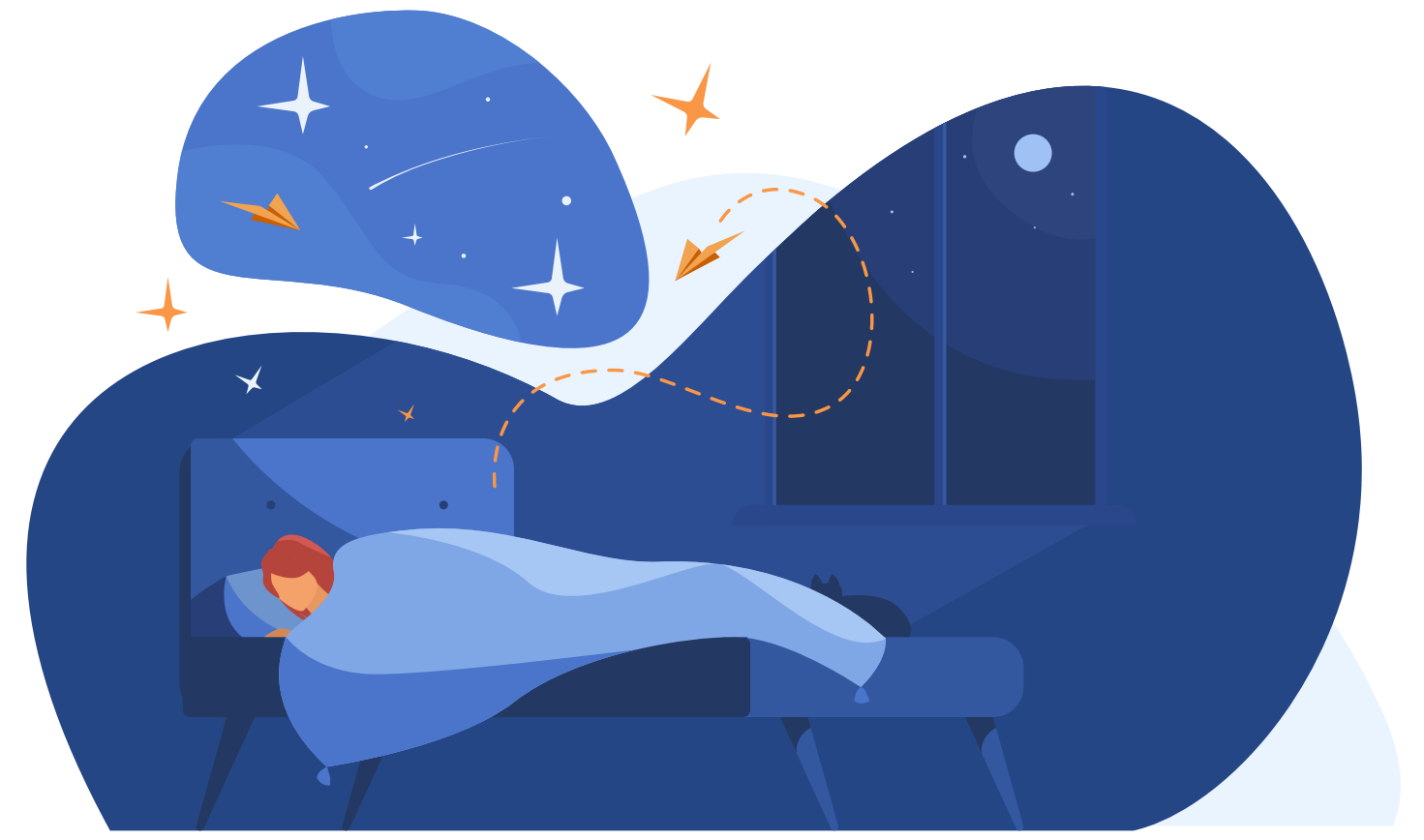


## Exercise sheet

# PROTOCOL HYGIENE SOME SLEEP



What to do, at Lleu to ruminate, when you can't sleep.

## To increase the probability of rest/sleep

- 1** Develop and follow a coherent sleep program, even on weekends  
Lie and wake up every day at the same hours and during the day, avoid any nap of more than 10 minutes.
- 2** Avoid using your bed for other activities during the day  
Like watching television, chat on the phone or read.
- 3** Avoid  
Caffeine, nicotine, alcohol, heavy meals and exercise late at night before going to sleep.
- 4** When you're ready to go to sleep, turn off the light, keep the room silent and at a comfortable and cool temperature  
Try using an electric blanket if you're cold; uncover your feet or direct a fan at the bed if you're hot. Wear a sleep mask, use earplugs, or turn on a device that makes white noise if necessary.
- 5** Give yourself between thirty and sixty minutes to falling asleep.  
If this does not work, assess if you are calm, or if you are anxious (even if it is only an anxiety in the background) or in the grip to ruminations.
- 6** Do not dramatize  
Remember that you need rest and aim for reverie and the rest of your brain. Convince yourself of the fact that stay awake is not a disaster. Do not abandon all hope of Sleeping when you get up to start the « day ».

## If you are calm but completely awake

- 7** Stand up ; Go to another room and read a book  
Or perform an activity that doesn't wake you up more. As soon as you  
You feel tired or sleepy, go back to bed.
- 8** Try eating a light snack  
For example: an apple

## If you are anxious or ruminate

- 9** Go back directly to bed and practice exercises  
breathing appeasement
- 10** Try meditative exercise 9-0  
Inhale deeply and exhale slowly, saying in your head the number 9.  
During the next expiration, say 8; after that, do the same and say 7 and so on  
until 0. Repeat the cycle, but this time, instead of starting at 9,  
start breathing out with number 8, followed by 7, and so on until 0.  
Repeat again starting at 6, and then at 5, and repeat  
until you arrive at 1. Do this exercise until you fall asleep.
- 11** Focus on the body sensation of ruminations  
(Ruminating is often a means of emotional sensations difficult.)
- 12** Rest assured  
The interests of the middle of the night are just « thoughts of the middle of  
the night ». In the morning, you will think otherwise and you will feel differently.
- 13** Read an emotionally captivating novel ...  
... For a few minutes, until you felt slightly tired.  
Then stop reading, close your eyes and try to continue the novel in your head.

**14** If the ruminations do not stop

Follow these guidelines: « If the problem can be solved, solve it. If he cannot not be resolved, go to the end of a concern, until the « disaster »  
- the worst outcome you can imagine - and then imagine yourself by train to face this disaster.

**If nothing else works, listen to the radio at low volume, eyes closed (Use headphones if necessary).** Public radio is a good choice in The measurement where the volume and fluctuations of voice are low.

