50 tips to beat insomnia

1. Get into the routine of going to bed at same time each day
2. Create a ritual around bedtime
3. Make taking calm time before you go to bed part of that ritual
4. Switch off electronics, so no 'blue lights' in the bedroom
5. Switch off mobile, or remove from bedroom
6. Cool room
7. Get fresh air – open a window
8. Have soothing colours in the bedroom
9. Make your bedroom dark during the night
10. No bright screens within 2 hours from bedtime
11. Choose a wise night time snack and make it part of your ritual: banana, hot milk…
12. Do some gentle stretches
13. Keep noise down
14. If you are susceptible to sounds, use earplugs
15. Stay warm: wear socks if needed
16. No coffee from 3pm
17. No alcohol
18. Take herbal calming tea before bed
19. Take a bath
20. Do deep and calm breathing exercises, while in bed
21. Do exercise in the day, but not too close to bedtime
22. Don't snooze in the morning
23. Find a solution to stop snoring
24. Meditate (I am a big fan, so read more here about meditation for insomnia)
25. Do a relaxation
26. Do a visualisation exercise
27. Read something relaxing, but not in bed
28. Don't have a big evening meal
29. Don't eat cheese, as that invites vivid dreams
30. Don't take naps in the day
31. Spend time outside during the day
32. Don't drink a lot before you go to bed
33. Don't have bright lights on when you get up during the night

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34. Don't look at the clock, as that invites thoughts about the rest of the night or the upcoming day
35. Find the right position, to rest your back – sometimes a pillow between your legs helps to relieve tension
36. Nicotine is a stimulant, so don't smoke before bedtime
37. Have a mattress that suits your body and supports your back
38. Seal your mattress and have it cleaned regularly, so bugs don't make it their breeding ground, making you itchy and sniffy
39. Make sure your pillow keeps your neck in neutral
40. Choose a duvet, blanket and sheets that suits you
41. If you can't sleep, get up and do something different and go back to bed after an hour
42. If your sleep pattern is disturbed for over a month, see you doctor as health conditions as arthritis or depression or hormonal imbalances can be the cause
43. Avoid sleeping pills

Dr de-stress tips for insomnia

44. A good night's sleep starts from the moment you get up: don't pile up frustration, stress and anxiety, but deal with those challenges during the day. Otherwise, your mind will play up when you relax and are not in 'control mode'.
45. Do the one nostril breathing exercise on the left
46. Have sex and preferably an orgasm, with or without a partner
47. Close your day with a ritual: write down what you achieved, what did not work well and what you can do about it and when (not during the night!) and end on a positive, by writing a gratitude list
48. Plan the next day, by making a realistic things to do list for tomorrow
49. If there is currently a big emotional issue in your life, take time in the day to 'sit with it', cry, feel, talk, write, so you can let it rest during the night
50. NEVER EVER get frustrated when you can't sleep; use that time to enjoy the warmth of you bed, do a meditation, stay in the moment and don't get pre-occupied with the (potential) effects of you being awake. Accept it and make it a positive experience

As a good night's sleep is the result of an emotionally balanced day, and therefore it is important to make time for you: ME time. Just half an hour to calm your mind, doing something that makes your heart sing or just treating yourself to your own company, will take you out of the stress zone into the zen zone, which will benefit you later in the day as it will support healthy sleep. If that is what you want to achieve, why not download for FREE my latest e-book 'How to create 30 minutes of quality ME time each day and drive the stress away'? Click here to receive it in your inbox.

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