

# Trouble Sleeping



Many people who have recently quit an addiction will find it difficult to fall to sleep. This is normal as your body adjusts to your new levels.

Our minds start racing and we have tons of thoughts running around just as we are trying to fall to sleep.

There are several approaches that can be taken to aid in falling to sleep. Below are a list of approaches that have worked for others, find one that works for you:

1. **Meditation** – try meditation just when you lay down to calm your mind. Spend 10 to 20 minutes to calm your mind. Develop a meditation routine and play some soft music in the background to calm your mind. Studies have found that 20 minutes of meditation is the equivalent of 2 hours of sleep.
2. **Melatonin** – when it comes to using melatonin a little is lots, one or two pills under your tongue just when you lay down can help bring on sleep. Most people take between 1 to 5 milligrams up to 30 minutes before going to bed. Some people find they have side affects from melatonin in the morning such as dizziness or drowsiness. Melatonin is naturally produced by the body and is used by many that work shift work to adjust their sleep patterns successfully.
3. **Blue Light** – absolutely avoid anything that produces blue light, this includes your TV, cell phone, tablet, etc. Blue light is used to stimulate the brain and as a result it has the opposite effect of what you want. So, make sure you put down your electronics and maybe just read a book instead.
4. **Articulatory Suppression** – if you having racing thoughts, thought blocking has been found to be highly effective. Mouth simple words without actually saying them, like the, button, cow, etc works. Words that don't fit in to your racing thoughts will actually block the thoughts.
5. **Cognitive Conundrum** – go through the alphabet and come up with an animal name for each letter. Try starting with a place name like Paris for example and then think of a place name that starts with the last letter, example Seattle. Then continue doing this until the racing thoughts stop. Another approach is start at 1000 and skip 7 each time so the next would be 993, and so on.
6. **Visual Diversion** – visualize something important to you like a vacation spot or cooking, try to create as much detail as possible. Do not visualize something stimulating like a sporting event as that will be counter productive.
7. **Acceptance** – Sometimes just accepting the thought can help in releasing it, this thought might be right or wrong. Just acknowledging can let the thought slip away.