

Using Mindfulness techniques to help with Sleep Problems

Typical response to problem sleeping. Negative self-talk about consequences of missing sleep and frustration with inability to sleep.

What we really need is a good night's rest. If we can lay down, relax the body and calm the mind we will be fine the next day. Let go of goal that I have to get to sleep and substitute goal to rest mind and body. Whenever negative thoughts arise, repeat this reframe in your mind.

If lot of thinking, do a simple practice to increase concentration such as Focus on Breath. Options: combine with counting, Thich Nhat Hnah breath.

Body relaxation. Relax anything tense. Could systematically move attention through the body relaxation.

Good way to calm mind is to focus attention on relaxing facial muscles.

Combine breath with relaxation. With one outbreath let the natural relaxation in breath help you soften muscles of the face. calm the mind. You could use the label *Calm* as you calm the mind. With next Outbreath let the natural relaxation of the chest muscles spread to relax the rest of the body. You could use the label *Relax*

Try other rest states—blank mental screen or silence. Focus on All Rest.

Practice lovingkindness or a Focus on Good technique.