



## What to do if I can't get to sleep!

- **Treasure Chest** - Close your eyes and picture a treasure chest. Take all of your thoughts, one by one, and put them in that chest - and when you are done, lock it up.
- **Think Positive** - rid your mind of those negative thoughts ("It's so late, I'll never get to sleep at this rate," "I'm going to be so tired tomorrow at school," "This stinks") calms you down and makes you more likely to fall asleep.
- **Pick One Thing to Focus On** - focusing on something specific (like filling a treasure chest) could be just what you need to get sleepy. Choose to focus on your breath, or repeat a calming mantra over in your head—as long as it's not "I can't sleep."
- **Pretend to Be Tired** - Trick your brain into thinking you're exhausted by, well, pretending you are. Concentrate on the kinds of things you would feel if you were tired, like drooping eyes, the room darkening, or the sensation of sinking into your bed - and before you know it, you just might experience them!
- **Read** - Dim your lamp just enough and read—don't worry about remembering the story or getting to a certain page, just take it in until you feel yourself getting sleepy.
- **Listen to Music** - some simple, acoustic, minimal percussion music might be perfect for getting your eyes to droop.
- **Stretch** — From bed put your legs up against the wall to calm your central nervous system, or try happy baby pose or child's pose to relax your body. Alternatively, do some light leg and arm movements to release any excess tension.
- **Relax From Head to Toe** - Concentrate on each muscle, starting from your toes, and tell yourself "My feet are getting sleepy," "My right leg is getting very sleepy," "My stomach is asleep," while you relax each body part. You may never make it past your hips!
- **Try the 4-7-8 Exercise** - Inhale for four seconds, Hold your breath for seven seconds, Exhale for eight seconds, Repeat!
- **Journal** - If your mind's racing, grab a notebook and jot down every thought you have—don't make it pretty, just get everything out until you're out of ideas and start to tire.
- **Stick Your Feet Out** - keeping your toes cool makes you more likely to fall asleep. So pop them out of the covers and get snoozing!
- **Cover Your Eyes** - Even if your room's pretty dark, there's probably some light that makes its way in. So, if you don't have an eye mask, grab a washcloth or a t-shirt and cover your eyes so that all you can see is sleep.