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**LIA Lifestyle Instruction Aid**

**abc5. Tips to help you get to Sleep**

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1. Learn how to break Mental 'Vicious Cycles' by learning to recognize the cycles and then learning how to get out of the cycles. See the article on Vicious Cycle Modification in the Attitude section.
2. Distract your mind from the problems of the day. Engross yourself in a book, hobby, conversation, TV, or whatever else works for you.
3. Take a walk or do some exercises to loosen up your muscles.
4. Once in bed, find a comfortable position and breathe slowly and gently.
5. Training yourself to hold your breath for longer and longer periods is a way the ancient Yogis taught themselves to calm down. As you train your breath, blow out very slowly and steadily and then breath in slowly.
6. Feel the tension draining out of every muscle, starting with your feet and legs, working up through your body. Contract and relax various muscle groups starting in your toes and working your way up your body.
7. Enjoy the warm heavy sinking sensation that comes over your body. Don't think about sleep.
8. If you Wake Up in the night, have pen and paper handy to write down anything that is bothering you. Then you can sink back into sleep knowing your mind is clear.
9. If you stay awake don't lie there fretting. Get up, make a hot drink, and go back to bed with a book until you feel drowsy. Then settle down and go through the relaxing routine described above.
10. A very hot bath may also relax you and send you to sleep.
11. Some herbal sleep formulas may help you sleep well without disturbing your REM sleep. (Rapid Eye Movement sleep)
12. Sex is also very good for sending one to sleep. After it is over that is, not during it. LOL