

## Reducing Sleep Anxiety

Sometimes the thought of not being able to sleep is part of the problem with sleeping. The more we think about trying to sleep or our inability to sleep – the more stressed we get. Then we're so stressed that we just can't sleep – it's a vicious cycle. If you worry about the amount of sleep you're going to get, try these tips:

- Remove clocks from your vision so you are not always watching the clock to see how long you've been awake or how soon you will have to get up.
- Place a "worry book" next to your bed if your mind tends to race with worries. Jot down a brief note about the problem/worry, and schedule a time to focus on the problem and a solution the next day. Problems often seem smaller in the daylight. Even if they aren't smaller, it won't help you think clearly to be up all night.
- Consult your doctor. If you consistently have problems with anxiety, worry, or stress that prevents you from getting sleep, talk with your doctor.

