



## I just want some sleep...!

Do you struggle with getting to sleep,  
because you can't turn off your thoughts or unwind?  
Or, do you find yourself waking up in the middle of the night / early  
hours of the morning and can't get back to sleep  
because as soon as you become conscious your thoughts begin racing  
with long lists of "to-do's,"  
"what if's," worries and responsibilities?

The key to helping your mind and body unwind and relax enough to  
go to sleep or go back to sleep is to focus on  
*being present in the current moment,*  
sometimes easier said than done!

Try this simple exercise and notice what happens.

**Exercise 1:** Going to sleep / Getting back to sleep (solo exercise)

You can do this exercise silently, or speak in a soft quiet voice

As you get into a comfortable position, take a few deep even breaths as you either fix your gaze and attention on a single point/object *or* close your eyes.

Now, tell yourself **3 things** that **you can see**  
(or images that you can create/**imagine** if your eyes are closed)

Next, without moving your gaze, draw your attention to the sounds around you, what **3 things can you hear..?**

Name them, maybe you can hear your own heartbeat,  
birds chirping, distant traffic, the sea...

Then, draw your attention to your body, what **3 things can you feel..?**

The sensation of the mattress supporting you,  
a gentle breeze through the window,  
the heaviness of your own eyelids...

Now repeat this exercise, this time softly naming

2 things you can see / imagine

2 things you can hear

2 things you can feel

And then, once more,

1 thing you can see

1 thing you can hear

1 thing you can feel,

But by then you will most likely already be asleep...

Exercise 2: Preparing for sleep – exercise you can do with a child or partner.

You can also do the above exercise with someone else, for example, helping a child get to sleep or with a spouse/partner to help you both drift off to sleep calmly.

When doing this exercise with another person, as you get into a comfortable position, fix your gaze on the other person's eyes, create a soft loving connection as you gently take it in turns to talk to each other.

While looking into your child/partner's eyes tell them what 3 things you see

Then listen as they tell you what three things they see

Carry on taking turns telling the other person what 2 things you see, hear and feel, and then if you're still awake, what 1 thing you see, hear and feel...

This exercise has a beautifully calming effect on the mind and body, you might notice your heartrate and breathing naturally slow down and that the use of soft tones has a really soothing effect.

You can repeat this exercise as many times as you want or need until you drift off to sleep.

*Goodnight, sweet dreams, sleep well . . .*