

Thirteen Ways To Get To Sleep

Here are thirteen ways to make it easier to go to sleep. No one suggestion will work for everyone, but keep trying new tactics until you find what works for your situation:

- 1.) Don't watch television one to two hours before bedtime, especially any program that may be overstimulating (i.e., the shows you most like). This includes news programs, as people with ADD tend to ruminate on the bad things that happened that day in their own world and the world at large.
- 2.) Stimulating, active play such as wrestling, ticking, teasing, etc., should be eliminated for one to two hours before bedtime. Quiet activities such as reading, drawing, or writing are more helpful in the hours before bedtime.
- 3.) Some people try to read themselves to sleep. This can be helpful. But read boring books. If you read action-packed thrillers or horror stories you are not likely to drift off into peaceful never-never land.
- 4.) Try a warm, quiet bath.
- 5.) A bedtime back rub in bed may be soothing. Starting from the neck and working down in slow, rhythmic strokes can be very relaxing. Some children and teens say that a foot massage is particularly helpful (although it may be hard to find someone to give a teen a foot massage if they haven't showered or taken a bath before bed).
- 6.) Soft, slow music often helps people drift off to sleep. Instrumental music, as opposed to vocal, seems to be the most helpful. Some people with ADD say that they need fast music in order to block out their thoughts. Use what works.
- 7.) Nature-sounds tapes (rain, thunder, ocean, rivers) can be very helpful. Others like the sound of fans.
- 8.) Some people with ADD say that restrictive bedding is helpful, such as a sleeping bag or being wrapped tightly in blankets.
- 9.) A mixture of warm milk, a teaspoon of vanilla (not imitation vanilla, the real stuff), and a teaspoon of sugar can be helpful. This increases serotonin to your brain and helps you sleep.
- 10.) Hypnosis and guided imagery audios can help. These can be so powerful.
- 11.) Learn self-hypnosis. Self-hypnosis can be a powerful tool for many different reasons, including sleep. Here's a quick self-hypnosis course: Focus your eyes on a spot and count slowly to twenty...Let your eyes feel heavy as you count, and close them when you get to twenty. Take three or four very slow, deep breaths. Tighten the muscles in your arms and legs and then let them relax. Imagine yourself walking down a staircase while you count back-wards from ten. (This will give you the feeling of "going down" or becoming sleepy.) With all of your senses (sight, touch, hearing, taste, smell) imagine a very sleepy scene, such as by a fire in a mountain cabin or in a sleeping bag on the beach.
- 12.) Seek sleep control therapy. Here are the tips many sleep experts give to chronic insomniacs to help them get to sleep on a regular basis. Go to bed only when sleepy. Use the bed and bedroom only for sleep. Get out of bed and go into another room when you are unable to fall asleep or return to bed only when sleepy. Maintain a regular rise time in the morning regardless of sleep duration the previous night. Avoid daytime naps.
- 13.) Amenclinic Restful Sleep formula (with regular and slow release melatonin, magnesium, valerian, and GABA) to help quiet the ADD busy mind.