Awake in the night: what to do

Steps to follow when you wake in the night, with cards to keep by the bed.

Waking in the night is normal. The aim is to stay calm and let sleep come back. Trying to make yourself sleep does not work.

1. **Do not look at the clock.** Knowing the time only starts the sums.
2. **Stay easy.** Tell yourself: "Waking is normal. Rest is fine. Sleep will come when it comes."
3. **Give it a little while.** Breathe slowly. Let your body be heavy.
4. **If you are wide awake or getting wound up, get up.** Go to your night spot. Low light, something quiet and dull.
5. **No phone, no email, no news.**
6. **Go back to bed when you feel sleepy.** Repeat if you need to.
7. **Get up at your usual time,** whatever happened.

Notes to self

- One bad night does not undo my progress.
- The more I chase sleep, the faster it runs.
- I have got through tired days before.

My plan

My night spot

Where I will go if I am wide awake

What I will do there, quiet and dull

- [ ] A paper book
- [ ] A puzzle
- [ ] Soft music
- [ ] Herbal tea

What I will leave ready there before bed

Cut along the dashed lines. Keep a card in your wallet or phone case.

Awake at night

No clock. No phone. Stay easy. If wide awake, get up and do something dull in low light. Back to bed when sleepy. Up at the usual time.

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What I want to tell myself at 3am

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