



Sleep Tips

Sleep needs inviting. We can't force it, but we can encourage it. People assume the mind must become 'still' to sleep, but sleep is active. The brain switches modes.

As we enter light sleep, dream fragments often flash. Our imaginative mind takes over. We can intentionally tap into this process to transition to sleep.

Tip One:

Focus, without moving your head and with your eyes open, to start on three things you can see. And in your head, say them to yourself.

SEE

1. "I can see the outline of the wardrobe."
2. "I can make out the bookshelf."
3. "I can see shadows around the door."

If it's too dark, imagine what you could see with the light on.

HEAR

- "I can hear the sound of my slow breathing."
- "I can hear a train going past in the distance."
- "I can hear the gentle patter of rain on the window's glass."

FEEL

1. "I can feel the duvet on my skin."
2. "I can feel the air on my skin."
3. "I can feel the pillow on the back of my head."



Once you've done that, close your eyes and imagine three things. You can make them as bizarre as you like. A pig with wings flying over the moon, penguins in hats dancing through the garden. Just little snapshots.

Do that again with three other things you can imagine hearing. The sound of a bath, birds singing, the sound of the sea, etc.

Then again, with three things you can feel.

Once you start getting better at this, I want you to imagine going on a journey to your favourite garden or somewhere you can remember from childhood.

If your concentration becomes diverted, perhaps by conscious worries or analysis, you can start the imaginary journey over, or go back to flashes of bizarre images, such as pigs, etc, that you started with.

And you'll soon find you'll be able to get yourself to sleep easily.

Tip Two:

Try to keep your feet warm. Our core body temperature needs to be lower than our hands and feet. And if you don't want to wear socks to bed, you could try the visualisation technique on your hands and feet getting warmer. That can work, too.

Tip Three:

Lie in bed for around an hour, and if you haven't gone to sleep, I want you to get up and do some light housework for 30 minutes.

After 30 minutes, go back to bed, and if still awake an hour later, get up and do it again. Keep repeating this till you fall asleep. It sounds wild, but it works wonderfully!