Help! How Can I Fall Asleep?

Insomnia is the most common sleep disorder and includes having difficulty falling asleep, waking often during the night, waking up too early or just feeling that your sleep isn't refreshing.

What Causes Insomnia?

Stress and environmental factors are two of the primary offenders when it comes to getting a good night's sleep.

Stress

Try these techniques to help reduce stress at bedtime:

- Progressive Muscle Relaxation – tense and relax muscle groups to help the body prepare for sleep
- Deep Breathing Exercises and Meditation – techniques to calm your mind before bed
- Biofeedback – sensors on your skin that measure stress responses and teach you to control them better

Environment

Address environmental factors that can disrupt sleep:

- Loud noise, bad odors, bright lights and extremes in temperature
- A snoring sleep partner or an uncomfortable bed
- Concerns about safety in the house
- Caring for a family member

Some medical conditions, like anxiety or menopause, may cause insomnia. Talk with your physician or therapist about the best way to manage both issues.

Consult with your doctor about trying different medications or medication timing.

Avoid caffeine, tobacco or alcohol close to bedtime.

Save the bed for activities that promote sleep, like reading or relaxing. Avoid using electronics like phones or TVs in bed.

Include regular exercise or physical activity as part of your daily routine but avoid exercising close to bedtime.