

Night! Night! Sleep Tight

Patricia Morgan © 2003

The Canadian Sleep Society reports that 2% of all driver fatalities are caused by sleep deprivation. More than that, for many people, sleep deprivation affects their productivity, focus, relationships and ability to smile. Mother Teresa wouldn't like that.

Sleep Tips:

1. Go to bed at a consistent time, after brushing your teeth, washing your face and saying "I love you"—if not to a lover to yourself.
2. Develop some relaxing bedtime rituals like bubble baths, listening to soothing music, light reading, star or navel gazing.
3. Exercise earlier in the day rather than revving your body into high speed at night.
4. Be selective about your TV viewing—Arnold Schwarzenegger seldom sings lullabies.
5. Minimize alcohol as it can disturb your stages of sleep, even creating a wake up and internal alarm bell startle in the middle of the night. Avoid that kind of Ding Dong.
6. Minimize stimulants like caffeine and nicotine. Instead try some warm milk or chewing on some Tums—calcium calms the clams.
7. Forget Phyllis Diller's advice to "Never go to bed mad. Stay up and fight." Sort out your problems rather than take them into your dream world.
8. If you're lucky enough to sleep with someone, have a snuggle up against that person's heart beat. It can warm your ticker and calm your mind. Babies know how to do this and you can relearn.
9. Have some good old fashioned sex—preferably earlier in the evening. No excuses for single bed users. You can really do it with someone you like.
10. If you have spinney thoughts in your head, breathe and focus on your feet, even rubbing your feet on the sheets. We want your excess energy moved down lower in your body. It's called "grounding yourself."
11. Designate a WORRY CHAIR somewhere outside your bedroom to dump your daily troubles. Pick them up in the morning--if you must.
12. If your troubles are large, to the point of continued sleep disturbance which may include night terrors, arrange for some counselling. You and your dear ones deserve a rested and lively YOU.

Patricia Morgan is a certified counsellor, speaker and author of *Love Her As She Is* and *She Said: A Tapestry of Women's Quotes*. She can be reached at 403-242-7796 or patricia@lightheartedconcepts.com or www.lightheartedconcepts.com