



**To Help You Sleep**



**Be screen-free 30 minutes before bedtime and in the middle of the night.**  
Sending photos of your little one or checking in with friends can wait until morning.



**Watch what and when you drink and eat and when you smoke.**

- Try not to drink water for 2 hours before bed.
- Caffeine and nicotine keep you awake, so finish that coffee or soda 4 hours before bedtime. Now you have another reason to stop smoking.
- Alcohol may make you sleepy at first, but it often wakes you up later.
- Keep after-dinner snacks light and healthy. Finish any munching an hour before bed.



**Make your sleeping space dark, quiet, and cool.**



**Take notes to quiet your mind.**

Write down thoughts, worries, important things you have to do tomorrow. Then let them go. They'll be there in the morning.



**Lie down – even if you can't sleep.**

It will give your body some rest.



**Another idea to try?**

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**What about when you are so tired you can't believe it?  
More tired than you ever thought possible?**



**Get some support.**

Is there anyone who can help you and give you a break? Is there a place you can go with your child that will make life easier for a few hours, such as the park or visit a neighbor?



**Calm yourself and your child.**

Sometimes, the things you do to quiet your child– rocking him, singing softly to him, bouncing him gently in your arms, dancing with him, telling him “everything will be OK” – will calm both of you.



**Smile.**

Even faking or forcing a smile can lessen stress and help you feel happier.



**Prioritize.**

Don't worry about the small stuff right now. The dusting or folding the laundry can wait.



**Try a visualization exercise.**

Known as guided imagery, the idea is to direct your mind to focus on a positive, calming experience or place.

Here is an example from Breathe to THRIVE:

1. Imagine you are hiking in the woods;
2. See the sun setting behind the mountains in the distance;
3. Listen to the sound of the wildlife around you;
4. Feel the cool breeze against your skin;
5. Savor the smell of the evergreen trees around you; and
6. Enjoy the refreshing taste of cold water.