

INSOMNIA



Holistic Intervention



Insomnia

Let's talk about insomnia.

You know when you just can't sleep or you go to sleep and you seem to be awake, you spend the night feeling as if you're awake, wondering if you are asleep, tossing and turning and kicking and you can't get comfortable.

Let's have a look at some reasons for that, because when you understand the reason of what's causing you to be unable to sleep, you can start to implement some easy steps to help you get a peaceful night sleep.



Some topical issues that create sleep problems can be problems within a relationship, work stress within the environment you're working in, or not being happy in other areas of your life.

Perhaps you have a new baby, those of us that have been through that stage of our life, know it's certainly very demanding and you get very sleep deprived.

So then when you have the opportunity to sleep you find that you can't rest peacefully.

Then there are things like grief and money worries that can be looked at.



So anything that is happening in your life presently or stress that you're going through, will be possibly be a cause for you, not to be able to sleep.

I would like to give you some easy steps to be able to start to get some good, solid, restful sleep for yourself.

Top Tips For A Restful Sleep

- At least an hour before you go to bed, do not get into any kind of deep emotional or even mentally challenging conversations.



You want to set the mind and body to a place where it's getting ready for sleep. That means that you would want to be relaxed.

- One way to be relaxed before you're going to bed is to make sure that you have a lovely long, bath or shower, both of these things bring the body to a state of relaxation and it makes it easier for you to get ready for sleep.
- Make sure that your bed and pillow is comfortable. These things play a big role in you being able to sleep.



That may sound very simple but so many people don't realize that perhaps their mattress or pillow needs changing. To begin with give these things a go. Then look at what you do before you go to bed.

- Stay away from screens of any description for at least an hour before you go to bed.
- Doing some breath work. (Simply taking in deep breaths, inhaling in and out) before you go into bed). So again you're prepping the body and mind to be calm.



You're getting the mind to be restful instead of going around in circles with things that perhaps you want to do or should have done during the day.

So making sure that you're rested in body and mind, taking away any stimulation.

- Sometimes, having a hot drink before you go to bed can help. That doesn't work for everybody, so that's something that you could try and see how it works for you.

If it is something that works for you, go ahead and have a hot drink at least 20 to 30 minutes before you go to bed. (Do not drink anything with caffeine in it).



- Make sure that if you have to be up at a certain time you have the alarm set, so you don't have to think about if is going to work.
- Keep a notepad by your bed and write down anything that you may find buzzing around in your mind. This might sound like a simple thing but it works, so writing these things down, tuck up into bed and have a lovely sleep.



I hope you find these simple steps helpful to help you get a peaceful, restful sleep. See what resonates with you and give it a go.

What will you now do with this information to start working with your body?



**This Ebook is a collaboration between Gwenda M
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& Global Healing Exchange**

