

Assisting EMDR treatment preparation: sleep hygiene	
Learn how to relax and occupy your mind with relaxing thoughts	<p><u>Learn to relax!</u> This is easier said than done and needs considerable practice, but does reap huge rewards. Learn a form of relaxation that involves occupying your attention with imagery. Experience shows that developing imagery such as a relaxing journey or being in a comforting place is very useful. The more you can develop that imagery the better, such as adding sounds (e.g. birdsong) or smells (e.g. flowers) associated with the imagery. There are many relaxing CDs that can help, sometimes called 'atmospheric' music that combine sounds (e.g. woodland sounds) with instrumental music. However, avoid any music containing singing or words, and if played at bedtime avoid 'atmospheric' music with water sounds.</p>
Train your mind and body to expect to sleep	<p><u>Try to do things consistently, so that sleep becomes a habit:</u> Train yourself to associate the bedroom with sleeping, not any activity which needs exercise or attention. Train yourself to associate time with sleeping – have a bedtime you stick to irrespective of TV schedules! Train yourself to associate routine with sleep, even if this sounds like being obsessional – organise yourself and the house for sleep time such as a routine for switching things off, putting things away, gathering things needed to go to sleep.</p>
Plan for peace, quiet, and comfort (Incorporate any of these items into your pre-bedtime routine)	<p><u>Organise the bedroom</u> so that the temperature is comfortable. Consider airflow by having a door ajar if you cannot have a window slightly open. Turn radiators off before bedtime because of the dry heat. Adjust pillows and supports including any resting splints. Make sure bedclothes are not too tight. <u>Minimise all sources of noise</u> including TVs, computers and games, noisy clocks, radios and even pets. Make other family members aware of your sleep routine and encourage other adults to take care of children when you are asleep. Earplugs may help. <u>Minimise unnecessary light</u> including pull curtains so there are no gaps, close blinds – if they are vertical ones, close them so any gaps face away from the bed. Have an easy-to-reach bedside light/lamp rather than a light that requires you to get out of bed to operate. Eye masks may help.</p>
Do not do things that prevent or hinder sleep	<p><u>Drinks:</u> Milky drinks before bed are not a good idea. These drinks are mucous-producing and can be unhelpful if you have problems with coughing. Caffeine and alcohol will increase the production of urine and disturb your sleep. Caffeine is also closely related chemically to adrenaline (which is also associated with worry) and will tend to keep you awake. <u>Above all don't worry about not sleeping:</u> Place a pen and paper on the bedside locker. If you have worrying thoughts about things you mustn't forget, write them down. There will be a reminder waiting for you in the morning! You will sleep when your body is ready and the conditions for sleeping are in place. Rest is important too. If you wake after a few hours, and can't get back to sleep fairly quickly. Get up and go into another room for 20-30 minutes, but stay awake during this time. Then go back to bed and give yourself another 20-30 minutes to sleep using your relaxation strategy. If you stay awake then repeat the cycle of getting up and going to bed.</p>