

TRYING TO OVERCOME OCCASIONAL INSOMNIA?

A LIST OF THINGS NOT TO DO



1

Keep a clock or other time device visible from your bed

2

Sleep in to make up for a bad night of sleep

3

Consume any stimulants like caffeine, nicotine or decongestants within at least 6 hours before bed

4

Try to sleep, instead let sleep come over you

5

Engage in any screen time for at least an hour before bed and while in bed, this includes television

**TRYING TO
OVERCOME
OCCASIONAL
INSOMNIA?**

**A LIST OF THINGS
NOT
TO DO**

SOURCES:

[HTTPS://SLEEPANDDREAMS.COM/?P=160](https://sleepanddreams.com/?P=160)

[HTTPS://SLEEPANDDREAMS.COM/?P=174](https://sleepanddreams.com/?P=174)

[HTTPS://SLEEPANDDREAMS.COM/?P=164](https://sleepanddreams.com/?P=164)