



SLEEP

FOR PTSD

Nightmares, flashbacks, and hyper-vigilance is normal after experiencing a traumatic experience. Unfortunately, all three of these effect our sleep. It's important to use relaxation techniques throughout the day to help your body remain calm at night.

FOR FEELING UNSAFE

If you are worried about safety or find yourself thinking about your own lack of safety, talk with your doctor or therapist to find things that will make you feel safer in your apartment. And make sure you don't watch any scary movies before bed.

FOR ANXIETY OR WORRY

Keep a journal by your bed, write down your anxious thoughts and remind yourself if they creep back in --- anxious thoughts are in your journal, not in your head.

Try saying a funny phrase, mantra, or thinking of happy memories.

Challenge negative thoughts with positive thoughts or things you know to be FACTS.



Talk to your doctor about difficulty sleeping. Sometimes there are medication, diet, or over-the-counter options to help you sleep.

RELAXING ACTIVITIES

Adults should sleep

7-9 hours

each night.



Yoga, Reading, Writing, Taking a bath or Shower, or Burning your favorite candle



Find soothing music or background sound to cover up the noise of your apartment creaking.



Make sure there are no lights or noises in your room to keep you awake.



Replace old pillows or sheets with new comfy ones. Make your bed and your bedroom comforting.



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TIPS FOR BETTER SLEEP

Whether you are struggling to sleep, due to nightmares, feeling on edge, anxiety, adjusting to living alone, or just can't seem to sleep – all these symptoms are normal and can get better with help.



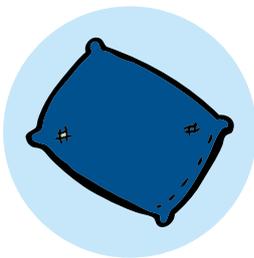
Prepare

It's important to make sure you are winding your body down at least an hour before bed. Avoid eating large meals or drinking liquids. Try limiting your caffeine and making sure you use all your energy during the day.



Naps

While naps are good for the soul, naps make it hard for your body's clock to know when bedtime is. Naps also help restore energy that we need extra time to burn off.



Have a happy sleep!



Routine

Going to bed, getting up at the same time, helps your body to set an internal clock. Your brain and body will learn when to sleep and when to be awake. Try to do a relaxing activity before bed, this helps signal your body it's time for sleep.



Acceptance

If you find yourself getting frustrated when you can't fall asleep, get up and do an activity. After a few minutes, return to bed and try again. Lying in bed being frustrated or watching the clock just keeps you awake.



Health

Nicotine, alcohol, and other substances also will affect your ability to sleep. Nicotine is a stimulant that acts like caffeine does with your body - keeping you awake, even when feeling tired.

