



“In a Nutshell”

## Why you may not be sleeping well



A common problem is waking in the early hours - usually between 2am and 4am - and then finding it hard to get back to sleep.

Over a period of time this can become debilitating and may even lead to serious health problems. The big questions are:

- Why do I wake at this time of the night? *and*
- How can I manage it?

## Reasons why you might be waking between 2am and 4am

- ★ **Creativity** – do you have things you want to do?
- ★ **Unfinished business** – do you have too much to do at work, at home or both?
- ★ **Unprocessed emotions** – are you unhappy or worried?

## What can you do about it?

- Make space in your waking hours for your creativity - write, paint, bake - so it does not spill over into this magical time for sleep.
- Keep a pad and pen by your bed.
- If you are waking because you have too much to do perhaps look at how you can alter the way you organise your time – perhaps make lists of jobs you want to do for the next day thus taking control of your work pattern for the next day.
- Avoid checking the time when you wake during the night.
- If you need to get up for the bathroom, do so but try to stay as sleepy as possible. Avoid putting lights on, checking the time or emails.
- Get into bed, enjoy the comfort and support of your bed, breathe deeply and think of all the small, positive things that happened in your day.
- Think about how you can be making time for you – put your lap top / phone away, think about practice some mindfulness.