

## **FAMILY HOLISTIC HEALTHCARE AND NEUROBIOFEEDBACK SERVICES**

**Douglas J. Koch, D.C., CCN, FIAMA**  
**1100 Kings Highway East, Fairfield, CT 06825**  
**www.FamilyHolisticHealth.com**

**Laura R. Koch OT/L**  
**203 576-1993**  
**203 333-6497 fax**

Sleeping Difficulties? Here are some tips to improve your rest:

- Try to determine the reason for difficulty sleeping, i.e. physical discomfort, anxiety, frequent bathroom trips.
- If physical discomfort is an issue, evaluate your mattress, pillow, etc. to see if they are the reason for difficulty sleeping. Try out different mattresses and/or pillows if possible, in order to see if you sleep better.
- If noise is an issue, consider a white noise machine or app.
- If a racing mind is keeping you awake, make a list of the things you need to do and the issues that are troubling you, in order that your mind can take the night off.
- If it is still difficult to "stop the thoughts" and fall asleep, try focusing on taking deep breaths while "expelling" the thoughts from your conscious mind, knowing that you can return to them the next day.
- Others find "tricks" like counting backwards by threes from 300 help distract from "nagging" thoughts.
- Limiting liquid intake (especially caffeinated drinks or alcohol) in the hours prior to bedtime can assist with limiting nighttime trips to the bathroom.
- Keep a consistent bedtime and rising schedule, even on days off. Try to stay within a window of 1/2 – 1 hour variability.
- Keep a consistent bedtime routine and include winding down activities such as an evening stroll, meditation/relaxation routine, and/or a warm bath.
- Participate in aerobic exercise, especially in the morning.
- Avoid large, late meals.
- Get some outside time during the day, even if only for a few minutes.
- Use dim lighting at least one hour prior to bedtime and avoid appliances that emit blue light such as TVs, computer screens, tablets, etc. There are blue light screen filters on the market that some people find helpful.
- If your sleeping difficulty is variable, consider keeping track of the foods you eat each day to see if there is a correlation between certain foods and sleep disturbances. Do the same with the different activities of your day. There are apps available to help track different variables and sleep.
- Some sources recommend warm milk or tart cherry juice before bed as a sleep inducer.
- Lavender oil has a soothing quality – put it in your bath, burn a lavender candle (make sure to blow it out before going to bed), and/or spray some lavender near where you sleep.
- Keep your room tranquil, dark, and cool but not cold.
- If you still experience difficulty sleeping, try to avoid obsessing about not sleeping. Instead, get up, try stretching, and/or reading a book until you feel more ready to lay down and fall asleep.
- If you've given all of these tips a try and continue to experience ongoing sleep difficulties, consider coming in for an appointment with Dr. Koch or having a QEEG (Brain Map) done in order to see if Neurofeedback can help you get the needed rest.