

The Hour Before Sleep Comes

For nights when you get into bed on time and sleep still does not come.

WHEN TO USE THIS

Use this the morning after a night you spent lying awake.

Last night, what time did you get into bed, and when do you think you fell asleep?

While you were lying there, what was going through your head?

Words, pictures, a song, going over the day - whatever it was.

How wound up was your body when you got into bed?

0	1	2	3	4	5	6	7	8	9	10
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Calm and heavy

Wired and restless

Name up to three things you could change about the hour before bed.

1.

2.

3.

One night tells you a little. A few nights together tell you more.