

10 Tips to Fall Back Asleep



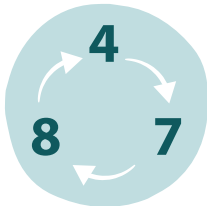
Block out noise. Use earplugs, turn on a fan, or play white noise to mask any sounds that might keep you awake.



Hide your clock. Watching the time pass can make you anxious about not sleeping, which only makes falling asleep harder.



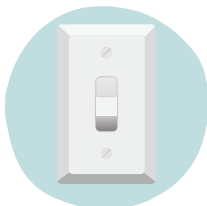
Avoid screens. Keep phones and tablets turned off. Their blue light can trick your brain into thinking it's daytime.



Practice the 4-7-8 method. Breathe in for 4 seconds, hold for 7 seconds, then exhale slowly for 8 seconds.



Relax each muscle. Focus on relaxing each part of your body starting at your head and working down to your toes.



Keep the lights off. If you need to get up, avoid turning on the lights. Darkness helps your body produce melatonin, the sleep hormone.



Leave your bed. If you've been awake for more than 15 minutes, try moving to another room. Read or do another relaxing screen-free activity until you feel sleepy again.