

Top 10 Ways to Help Manage Insomnia Besides Medication

- 10.** No technology at least 30 minutes before bedtime
- 9.** A house rule to have no conversations that are deeply emotional or provocative after 8 pm (or even after dinner)
- 8.** EMF protection for the home and cell phones at least 6 feet away from the bed. I would also consider Earthing sheets.
- 7.** Sleep on your right side if possible
- 6.** Learn self-hypnosis
- 5.** Use a still point inducer at the point where the back of your head and neck meet for 10-20 minutes. This is a simple rubber device that causes a pause in the craniosacral rhythm and provides deep relaxation. It's okay to fall asleep using it.
- 4.** If you can't fall asleep after 20 minutes, then make a decision to read with dim lighting until you get sleepy or do breathing exercises that slow down your breathing and then reattempt to go to sleep. I don't recommend email, TV, or other electronics.
- 3.** Evening tea with valerian or chamomile with 1 tablespoon of gelatin.
- 2.** Earlier consistent bedtime (10 pm); the hours of sleep before midnight are the most rejuvenating of the night.
- 1.** Epsom salt bath prior to going to bed