

**YAACOV J. KRAVITZ, Ed.D.**  
**Licensed Psychologist**

101 Greenwood Ave, Suite 410, Jenkintown, PA 19046

215-635-3011

**Suggestions for Treating Insomnia**

You have requested help for the treatment of insomnia. The following suggestions will help you to meet some of your needs. As you implement this program there may be a transitional period of several days to several weeks as you adjust to the new routines. During this period you will need to monitor your routines and behavior carefully, and regularly report the effects of what you do to your psychologist. You may experience more disruption of your sleep before it improves. If you are willing, we can work together to use the information you provide about your experience with this program to address any problems that arise.

Here are some suggestions to help you to improve your sleep:

1. Establish a regular time for when you will go to sleep and when you want to wake up.
2. When you are in bed and ready to go to sleep, avoid all non-sleep behavior. This means turning off the TV and the radio and avoiding other distractions that you have used in the past during your sleep time. You will need to monitor and report any time that you leave the radio or TV on, or engage in any other waking type activity during your sleep time. If you wake up, stay in bed and focus on relaxation (see below).
3. During the day, avoid all naps. Make sure that the rooms you spend time in are well lit. Pull up shades and pull back curtains to let in as much natural sun light as possible. Try to be as active as possible.
4. Practice a consistent bedtime ritual: This ritual should have the following components:
  - A. Set aside 5 to 10 minutes to write down a list of things that you want to remember to do the next day. Also jot down any concerns that keep popping up in your mind.
  - B. Spend 5 to 10 minutes doing an activity to reduce physical muscles tension. Gentle stretching, Yoga or T'ai Chi are good.
  - C. Read or recite a comforting prayer or poem.
  - D. Learn a simple relaxation procedure such as the "Relaxation Response" or "Progressive Relaxation." I will work with you on selecting the best method for you. You may use a short version (1-5 minutes) of this relaxation exercise to help yourself relax before falling asleep. I will give you further instructions related to relaxation.
5. It would be advisable to reduce consumption of caffeine. Specifically, after dinner do not drink any caffeinated beverages such as coffee, tea or colas. Other carbonated beverages or food may contain caffeine and it may be worthwhile to check the ingredients on the container. Request that your pharmacist check your medications to insure that none contain stimulants.
6. Do not drink any alcohol in the late afternoon or evening as this may also disturb sleep.

Sweet Dreams!!!!