

## Things you can try to help with sleep difficulties:

- a) Prepare your room by installing blinds or heavy curtains that will block light. You can even hang a blanket over existing curtains to darken the room. You may want to give your bedroom a thorough cleaning to freshen it up, especially if it has been the location of giving care. If you have a clock radio, turn the numbers toward the wall. Leave your phone or tablet in another room. Turn down the heat or open a window so the room is quite cool. If there is noise in the house or the neighbourhood, try using foam earplugs to muffle sound, or you can listen to sounds of nature by playing an extended soundtrack of the [ocean](#) or of [gentle music](#). If quiet is unnerving for you, try turning on the fan for a bit of background noise or play a [white noise recording](#) available on YouTube.
- b) Before going to bed, try some [evening yoga or gentle stretching](#). There are lots of selections on YouTube or you can go to your local library and pick up a DVD. Another option is to try a [guided visual meditation](#). Alternatively, even a short walk of 15 minutes each day will help prepare your body for sleep.
- c) If you can't sleep, the advice is not to stay in bed, becoming more frustrated. Get up and do something – fold clothes, read, clip coupons. It may be best not to default to electronic screens - your television, computer, tablet, or phone. Try going back to bed when you feel yourself yawning again.
- d) Ask your doctor, nurse practitioner, or pharmacist about using natural supplements such as valerian or melatonin to help you sleep. Before using any natural supplement, check with your health care provider about possible interactions with other medications.
- e) Perhaps your doctor will prescribe a mild sleeping pill for a short period of time to help your body get back into the habit of restful sleep.