

6 techniques to **QUIET YOUR MIND AND GET TO SLEEP**

1) CULTIVATE YOUR ACCEPTANCE MINDSET

As Carl Jung wisely said,
"What you resist, persists."

When you get frustrated by not
being able to switch off, you
create a vicious cycle which
makes things worse.

Click to read some examples of
things you can tell yourself
instead of getting into a
downward spiral.

2) FOCUS ON LETTING GO OF YOUR TIME RELATED THOUGHTS

Focusing on time sustains the
vicious cycles of worry that keep
us awake longer, so practice
letting go of all time-
related thoughts.

Also, work on resisting the urge
to check the time if you
wake up!

3) RESPOND WITH: "IS THIS HELPFUL?"

Acceptance and Commitment
Therapy (ACT) approaches train
us to focus on whether or not
our thoughts are helpful.

Ask yourself: Does paying
attention to this thought help
you or hinder you?

If paying attention to the thought
doesn't help you create the life
you want, focus on distancing
yourself from the thought.

4) GROUNDING TECHNIQUES

Grounding techniques help bring
you back into the present
moment, enabling you to escape
from cycles of mental anxiety.

Grounding techniques are simple
but powerful. We urge you to
experiment with them and discover
what works best for you
(or make up your own)!

Click to learn our top grounding
techniques for bedtime.



Quiet Your Mind And Get To Sleep

Paul Glovinsky, Arthur Spielman



Quiet Your Mind And Get To Sleep:

Quiet Your Mind and Get to Sleep Colleen Carney, Colleen E. Carney, Rachel Manber, 2009 In *Quiet Your Mind and Get to Sleep* two psychologists specializing in sleep and mood disorders show readers with insomnia and often comorbid disorders such as depression anxiety and chronic pain proven methods from cognitive behavioral therapy for getting the sleep they need and improving their symptoms in the process **Quiet Your Mind** John Selby, 2010-09-03 Stopping the constant chatter of the mind is it possible in today's world People have so much to juggle schedule discuss and think about how can they slow it all down Won't they miss out In fact John Selby points out that our nation's thinkaholic ways result in such detrimental effects as high stress insomnia anxiety attacks and negative self-critical attitudes In *Quiet Your Mind* he offers an easy to follow mind management process to help people let go of stressful mental habits and enter a more heart-centered intuitive and peaceful engagement with everyday life Based on solid scientific research yet presented in a very approachable tone the techniques here allow people to quiet over busy thoughts and prevent fear-based emotions so that they can be truly refreshed spontaneous and engaged with each new moment **You Are Getting Sleepy** Paul

Glovinsky, Arthur Spielman, 2017-07-18 For readers of Arianna Huffington's *The Sleep Revolution* an individualized approach to sleep issues from the expert doctors who wrote *The Insomnia Answer* Good sleep is an elusive goal The harder you try to fall asleep the less likely you are to be successful Insomnia is stoked by different habits schedules stresses beliefs and even personality types but there is no single pill or therapy to reverse it Sleep cannot be forced ultimately it must come to you While insomnia treatments can set the stage the best thing a person can do to ready themselves for sleep is to get sleepy This practical easy to follow guide written by two founding experts in behavioral sleep medicine will help you achieve one of the most important parts of staying healthy a good night's rest Taking into account the particular challenges that stand in your way to better sleep Glovinsky and Spielman Discuss changes you can make to your daily routines to induce sleepiness Walk you through applying standard cognitive behavioral treatments Introduce new promising interventions for managing anxiety depression an out of sync biological clock dependence on medication and more True sleepiness is the only reliable portal to sleep *You Are Getting Sleepy* will guide you there Praise for *The Insomnia Answer* The book to pull under the covers whether you're fighting temporary insomnia or a long-term sleep disorder Health magazine For insomniacs who don't want a cosmetic solution this guide digs deeper and is likely to get better more permanent results Kirkus Reviews **Goodnight Mind**

Colleen E. Carney, Rachel Manber, 2013-06-01 In *Goodnight Mind* two psychologists specializing in sleep and mood disorders offer readers an easy to use friendly guide to getting to sleep when their mind is spinning and their thoughts won't quiet down This book offers evidence-based cognitive behavioral therapy CBT techniques to help readers overcome insomnia and get a good night's sleep **The Mindful Caregiver, 2nd edition** Nancy L. Kriseman, 2025-09-18 *The Mindful Caregiver* was first published in 2014 Since then the caregiving landscape has changed dramatically creating cascading effects and

increased challenges for caregivers Caregivers are having to care for elders who are now living into their 80 s and beyond often with multiple health issues Many caregivers are baby boomers which as a generation is getting older and facing their own health problems Additionally many are staying in the workforce longer which requires them to balance or even set aside their own needs to care for their elder family members On top of that many baby boomers are caring for ill or frail spouses partners or even raising their grandchildren In the second edition of *The Mindful Caregiver* existing chapters will be updated and two new chapters will be added One new chapter will focus on resistance which manifests in many different forms for the care recipient and for family members Examples include an elder with dementia that refuses to give up driving or siblings that disagree about moving a family member from their home This chapter will provide ideas and examples of how to work with resistance The second new chapter will focus on resilience and self care Caregivers will learn how to nurture resilience so that they can cope more effectively both emotionally and spiritually Armed with this information my hope is that caregivers can become mindful caregivers and feel more empowered supported and equipped to be the best caregiver they can be Sustaining oneself throughout the caregiving journey takes tremendous courage patience and strength My hope is that the new edition of *The Mindful Caregiver* will inspire caregivers to find meaning in their caregiving experience

A Mental Health Treatment Program for Inmates in Restrictive Housing Ashley B. Batastini, Robert D. Morgan, Daryl G. Kroner, Jeremy F. Mills, 2019-06-26 This treatment program targets the criminal behavioral and mental health problems of inmates in segregated housing that prevents them from living prosocially and productively within the general prison population The program makes use of a bi adaptive psychoeducational and cognitive behavioral treatment model to increase inmates understanding about the psychological and criminal antecedents that contributed to their current placement and to teach them the skills necessary for managing these problem areas This flexible intervention assists inmates with significant problem behaviors by reducing psychological impairment and improving their ability to cope with prison life This book includes a program introduction and guide for clinicians the inmate workbook and accompanying eResources to assist clinicians in both successful program implementation and evaluation of treatment outcomes Designed to account for the safety and physical limitations that make the delivery of needed mental and behavioral health services difficult this guide is essential reading for practitioners working with high needs high risk inmate populations

Rewire Your Brain for Better Sleep and Recovery: How to Rest Smarter and Perform at a Higher Level Silas Mary, 2025-02-11 Sleep isn t just about rest it s the foundation of peak performance This book uncovers the science of sleep optimization showing you how to improve sleep quality boost energy levels and enhance mental clarity Learn how to reset your circadian rhythm eliminate sleep disruptions and wake up feeling refreshed every day By improving your sleep habits you ll increase focus accelerate recovery and unlock greater productivity Whether you re a high achiever athlete or professional looking to perform at your best this book provides the blueprint for achieving deep restorative sleep and long term success

Sleep Hacked Claire

Donnelly,2025-07-15 You re doing everything right but you still wake up tired It s time to hack your sleep Sleep Hacked is not another generic book telling you to avoid screens or drink chamomile tea Instead Dr Alex Thorne a leading voice in biohacking and human optimization delivers a precision based blueprint for transforming your rest into your ultimate performance enhancer Through a science backed personalized protocol you ll uncover how to fine tune your sleep environment leverage your chronotype hack your hormones balance blood sugar and eliminate sleep disruptors once and for all This comprehensive cutting edge guide teaches you to Decode your unique sleep architecture and identify key disruptors Implement the blue light blockade and master light timing Optimize your sleep sanctuary temperature air quality sound and more Use food supplements and technology to align your biology Quiet a racing mind with breathwork mindfulness and journaling Build a custom sleep stack based on data not guesswork Whether you re a high achieving professional athlete or health conscious biohacker Sleep Hacked will empower you to reclaim your nights and supercharge your days starting tonight

Prescription for Nutritional Healing, Sixth Edition Phyllis A. Balch CNC,2023-03-28 The nation s 1 bestselling guide to natural remedies totally revised and updated This fully revised edition includes both time honored proven strategies and the latest science to arm you with the best natural therapies for your health In this volume a reference work of unparalleled authority the updated material includes natural ways to lessen the severity of Alzheimer s symptoms cutting edge information about COVID 19 and other viral infections as well as practical ways to help your body cope with acute and long term symptoms nutritional information on menopause and breast and prostate cancers science about chronic fatigue syndrome CFS and fibromyalgia FMS and how you can gain more control over your symptoms Prescription for Nutritional Healing Sixth Edition is the source for accessible evidence based information that serves as a guide for using natural nutritional remedies to achieve and maintain wellness

Learn from Yesterday, Live for Today, Hope for Tomorrow Barry Richard Parker,2011-06 An inspirational book that includes articles on happiness motivation relief from stress and other related topics The emphasis throughout the book is to Live for today and not worry about the future and any mistakes you have made in the past How to enjoy life more how to use positive thinking and how to raise you happiness set point are also discussed

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