

Insomnia Checklist

By Campbell Rodriguez

- ☐ Emotional Factors
 - ☐ Do some meditation or relaxation exercises.
 - ☐ Do some gentle yoga.
 - ☐ Massage pressure points such as your temples.
 - ☐ Take a warm lavender oil bath or apply rosemary or clary sage oil.
 - ☐ Try writing your thoughts down to get them out of your head.
- ☐ Nutritional Factors
 - ☐ Eat a sleep-inducing snack such as whole-grain crackers or bread.
 - ☐ Drink a soothing herbal tea (chamomile or passionflower).
 - ☐ Eat some protein, which can help adjust blood sugar levels.
- ☐ Environmental Factors
 - ☐ Darken your room.
 - ☐ Put on a sleep mask.
 - ☐ Adjust the room temperature.
 - ☐ Remove or add a blanket.
 - ☐ Apply calming aromatherapy oils.
 - ☐ Turn your clock away from you.
 - ☐ Turn on a white-noise or soothing-sound maker.
 - ☐ Open a window and breathe some fresh air.
- ☐ Physical Factors
 - ☐ Breathe deeply.
 - ☐ Do some meditation or relaxation exercises.
 - ☐ Drink an herbal tea with anti-inflammatory qualities.
 - ☐ Take a warm bath scented with lavender oil.
 - ☐ Massage your reflexology or acupressure points.