

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.