When sleep will not come

For the nights when your body lies down and your mind keeps working. This sheet helps you put the day down before you get into bed.

You are not the only one

In this episode Humera describes sitting down with a cup of coffee, hearing her daughter come through the door, and jumping up to wash dishes that were already clean. Nobody had asked her to. Her body had learned that rest must be hidden. Many of us carry that same rule into the night. Season 2, Episode 13: Rest without guilt: a quiet restoration

The skill, in small steps

1. **Empty your head onto paper.** An hour before bed, write down what is worrying you and the next small step for each. Then close the notebook.
2. **Make the room quiet for your mind.** Dim the lights. Leave the phone somewhere you cannot reach from the bed.
3. **Soften your body from the top down.** Breathe out slowly and let go of your forehead, jaw, shoulders, hands, stomach, legs and feet, one at a time.
4. **If you are still awake after about twenty minutes, get up.** Sit somewhere dim and quiet until you feel sleepy, then go back to bed. Lying there fighting it teaches the body that bed is a place to worry.

Your turn

What keeps coming back to me at night:

The next small step I can take tomorrow:

What I am handing over tonight:

حَسْبُنَا ٱللَّهُ وَنِعْمَ ٱلْوَكِيلُ

"Sufficient for us is Allāh, and [He is] the best Disposer of affairs."

Ali 'Imran 3:173 (part of the verse) · Quran.com

If poor sleep goes on for more than a few weeks, please tell your doctor. It is common, and it is treatable.

Shared for comfort and reflection by women who have been there. Not therapy, counselling or medical advice. In crisis? Call 911, or the Naseeha Helpline at 1-866-627-3342, any hour.