



Having troubles with sleeping can be really exhausting and frustrating. I know personally how difficult the journey with sleep can be, because sleep affects so much!! Here a few things to have a look at and feel into what might be a good option for your unique bodymind.

Sleep Aid Medication

Medication is not for everyone. For some, it can be a helpful temporary tool to support rest while you are working on longer-term solutions.



This is **Dormindina**, a sleep aid medication available in Spain. You can get this without a prescription, available in most pharmacies. This is intended for occasional insomnia.

Some people also find taking **melatonin** (available in gummy form in most pharmacies) along with **magnesium** about an hour before going to bed can be helpful.

Melatonin is helpful regulate the body's sleep-wake cycle
Magnesium helps calm the nervous system and relax muscles



This is **beam dream powder**, a collection of natural sleep ingredients, intended for regular nightly use to improve sleep quality. I haven't tried it myself, but I've heard great reviews of its effectiveness.
<https://shopbeam.com/>



If you would like to **consult a psychiatrist** to explore prescribed sleeping medication options, I recommend all my clients to Dra. Lara.
<https://www.doctoralia.es/lara-martin-garcia/psiquiatra/barcelona>



Yes, more sleep audios...

You may have given up on sleep audios... but for real, these two particular ones have been helpful for me personally. Not saying they will 100% work for you, but it's worth a shot. Either of these is great to listen to as soon you notice it feels like one of those nights where you may have trouble sleeping.

Set yourself up for ultimate relaxation. I like having a pillow under my knees and an eyemask, sometimes a heavy-weighted pillow on my belly can also feel nice.

Sleep with Me Podcast - on Spotify

This is one of the most popular sleep audios! It has a unique style. I find it super useful!

Soft Butter Meditation for Healing and Combatting Exhaustion

available for free with Insight Timer
<https://insig.ht/N01yVsm8FWb>

This is an ancient guided meditation on the 'soft butter visualization method', a secret method taught to combat exhaustion and debilitation.



Healing Darkness for Sleep

all of Jennifer Piercy's audios are great
available for free with Insight Timer

This is a beautiful audio that helps reframe and educate on rest.

Jennifer has a really calming way of guiding and honoring the journey of resting.



<https://insig.ht/N01yVsm8FWb>



Small things to try (that you've probably heard already).

- When you can't sleep **try journaling** to get more of a sense of what's going on for you when you're having trouble sleeping
- Work on creating a **night ritual** that feels sacred and nice for you (eg. reading, listening to calming music, lighting candles, self-massage, yin yoga ect.)
- **No screentime**, especially 2 hours before bed, the light from screen signals our brain to "stay awake!"
- **Increase your exercise**, so your body feels less restless at night

One of the best tips I've ever heard when it comes to navigating sleep troubles is :

*When you stress about going to sleep, it's the stress that will then keep you awake. **Don't beat yourself up if you do get stressed!** It's total normal and an absolutely valid thing to be stressed about.*

*Try making your goal not necessarily falling asleep, but rather **staying in a relaxed and easeful state**. Whether that means you get up and start doing something, or move to the couch or go on a late night walk. Whatever helps you to come out of the stressed mindset is going to be (according to this piece of advice) what helps the most.*

Come up with and write down a **personal night mantra** that you can come back to and repeat when you notice you're shifting into stress or worry about not being able to fall asleep

(eg. "I am safe and protected" or "This struggle is temporary. I can always take a nap tomorrow")

Questions to explore and bring to therapy if you'd like 😊

- What do you feel gets in the way most of not being able to sleep well?
- Do you notice regular thought-patterns coming up when you can't sleep? That's great content to bring to therapy!
- What is your general routine before bed?
- How do you treat yourself when you're having trouble sleeping?
- What is your biggest fear around not sleeping well?
- What is your relationship with rest?
- In general what helps you feel most calm and ease?
- What are you most curious about when it comes to your journey with sleep?