

# Top 10 Tips to Quiet a Noisy Nighttime Mind

Try these stress-reducing, sleep-promoting tips to calm anxious thoughts so you can rest easier and wake up ready for a new day.



- 1 Opt for a relaxing activity in the evening.**  
Gentle movements like yoga or stretching can relax your body and mind, helping you fall asleep more easily.
- 2 Experiment with progressive muscle relaxation.**  
You can promote relaxation by tensing and releasing muscle groups in your body one at a time, starting at your toes and working your way up.
- 3 Don't give yourself a project right before bedtime.**  
Restructuring your finances or planning your child's birthday party can wait. Put tasks and planning aside, knowing you can return to them in your waking hours.
- 4 Avoid consuming stimulating content late at night.**  
Do you take in intense or thought-provoking content, like news, before bed? Try adjusting what you watch, read, or listen to before bed and see if your sleep improves.
- 5 Keep a pen and paper by your bedside.**  
When thoughts or to-do lists swirl around your mind, try "pulling them out" by jotting them down. This gives you a break from the overthinking that gets in the way of sleep. Bonus: you're likely to see those thoughts with a clearer perspective the next day.
- 6 Try box breathing.**  
This technique helps distract your busy brain and calm you before sleep. Inhale for four counts, hold your breath for four counts, exhale for four counts, and then hold your breath for four more counts. Be sure to count slowly. Repeat three or four times.
- 7 Have a conversation with your worry.**  
Imagining sitting across the table and having a conversation with your worry can give you some distance from it. Pretend that your worry is a person and have a chat.
- 8 Refrain from complex conversations.**  
Even if problem-solving is your superpower, save the challenging chats for daytime hours instead of pillow talk.
- 9 Respect the power of a natural sleep aid.**  
Tools like chamomile tea and melatonin can help, but without good sleep hygiene, they lose their effectiveness. For example, melatonin is less effective if you lay in bed scrolling through your phone after taking it.
- 10 Remember that every hour counts.**  
If you wake up at night, make getting back to sleep your top goal—even if it's only for one more hour. Any more sleep you can get will be worth it! Try some of the tools listed above, like progressive relaxation, to help you drift off again.

