

# ICANCOPE: TIPS TO HELP WITH INSOMNIA



## UPON WAKING



### Positive wake-up

Make waking up a positive experience by having a routine you can look forward to.

## DURING THE DAY



### Worrying time

Dedicate a time to worry during the day so you're not kept up at night with your thoughts.

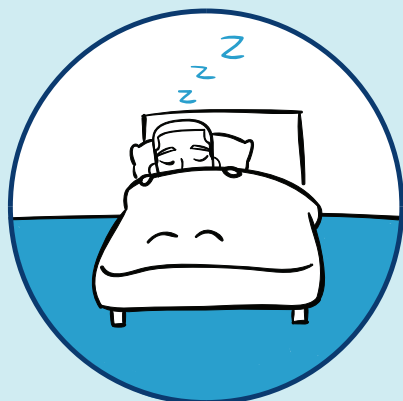
## BEFORE BED



### Winding down

Wind down and relax 30 min before your bedtime.

## IN BED



### Sleep restriction

Restrict the time you spend in bed to sleeping.



### Sleep training

Settle down and nest if you can't sleep, then try again.



### Changing thoughts

Keep calm by thinking positively about your sleep routine.