



SLEEP TIPS

Here are some great tips and reminders:

- **DO NOT** - seriously - **DO NOT EVER** look at the clock in the middle of the night as it messes with your head.
- Go to sleep and wake at consistent times each day to establish a healthy pattern.
- Keep a notebook by your bed, do a brain dump whenever needed so your mind can rest.
- Practice relaxing activities an hour before bed, such as reading or meditating (your body loves routine).
- Avoid alcohol, caffeine and heavy meals in the evening.
- Tell yourself it is nighttime - and when it is dark out, you are committed to sleep.
- If you wake up, count backward from 68 - why the number 68? Just trust me.

If your anxiety is making it super difficult to sleep, please feel free to call me and see if I might be able to help you navigate your fear and anxiety. Next month I will share tips on how to keep your love relationship super juicy.

Lisa Pepper-Satkin, MFT is an Executive Therapeutic Coach and Licensed Psychotherapist and who has been in practice for over 25 years. She has a Master's Degree in Psychology. Her fierce love of connecting people to their innermost truth, drives her successful work.

*Feel free to call or email me at so I can support you in working through these steps or anything else that merits extra support.
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