



Exercise: Paradoxical intention

Goal

The paradoxical intention exercise will help you to reduce anxiety about falling asleep and to learn to stop forcing yourself to fall asleep.

Instructions

1. Find a comfortable position and turn off the lights. Keep your eyes open.
2. Do not try to fall asleep.
3. Forget all your troubles and worries, but stay awake.
4. When your eyelids start to get heavy and you feel like you want to close your eyes, tell yourself gently to stay awake for a few more minutes and then naturally drift off to sleep when you are ready.

If you can stop thinking about sleep and falling asleep, it will happen naturally
