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# When I Can't Sleep

Coping Skills  
for Kiddos who  
are having trouble  
Sleeping

Not being able to sleep stinks and makes everything seem annoying and difficult.

However, don't despair if you are having sleeping struggles - there are **LOTS** of **helpful ideas** you can try!!



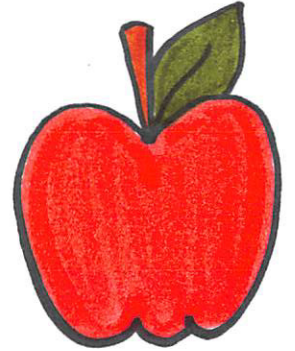
Hint: **Keep reading**



# First things first:

Take good care of your body!

- Eat a healthy and well-balanced diet



- Get enough exercise every day



Get Moving!

One VERY IMPORTANT part of being able to sleep is to have a routine.

This means having a bedtime and a wake-up time that stay the same every day.

It also means having the same routine at bedtime each day.

Having the same time for bedtime and wake-up time gets your body in a natural rhythm



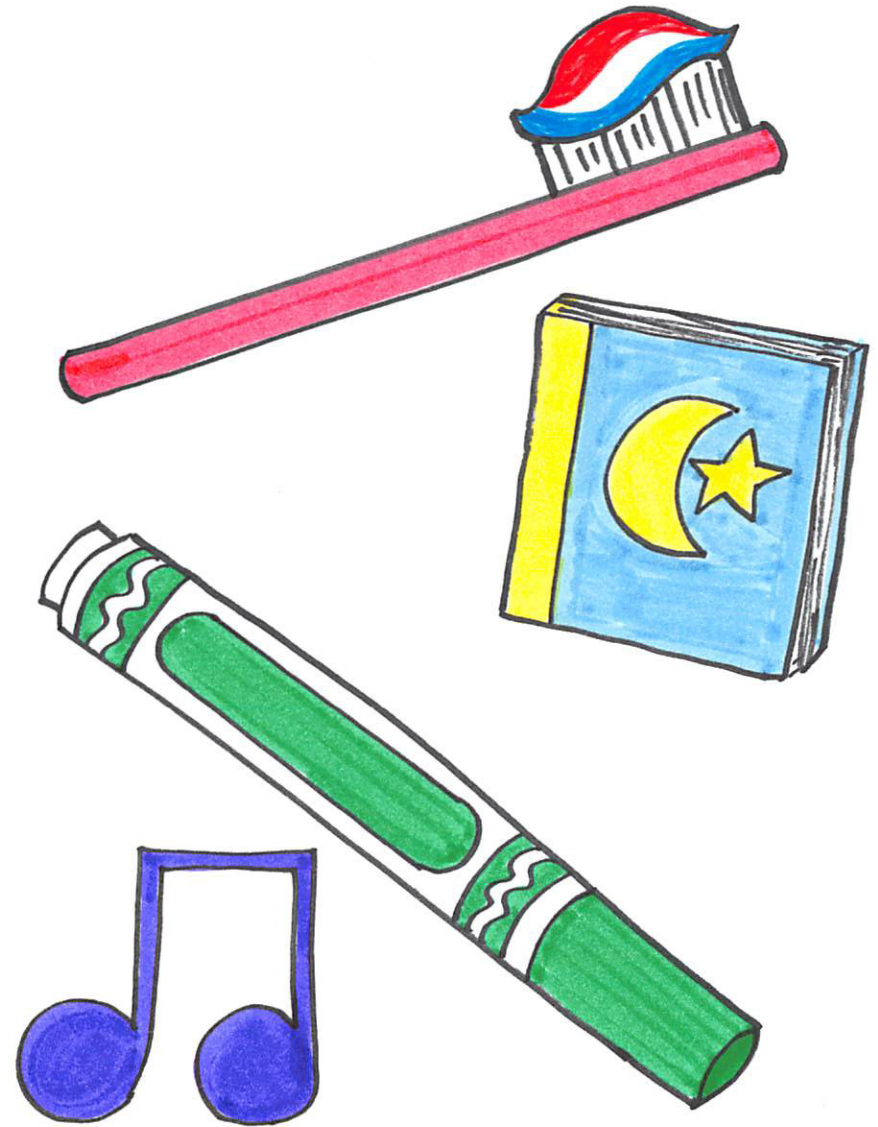
Having a routine at bedtime helps relax your body and brain

What a helpful bedtime  
routine should include:

- Start to prepare for/think about bedtime 40-60 minutes BEFORE actually going to bed.
- Do calm and soothing activity during this time. (Ideas on the next page)
- Turn lights on dim or off
- **NO SCREENS** (T.V., Computer, iPod, iPad, phone, etc.) for 60 minutes before bed (This one is SUPER IMPORTANT!!!!)

# Calm / Soothing Activities:

- Physically preparing for bed (brushing your teeth, getting your P.J.s on)
- Listening to calm and soothing music
- Reading stories - alone or with someone
- Snuggling with a parent and simply talking
- Coloring or drawing
- Playing quietly with a low-key toy or game



Some things to avoid  
before bed (things that  
make it harder to sleep):

● **Sugar**

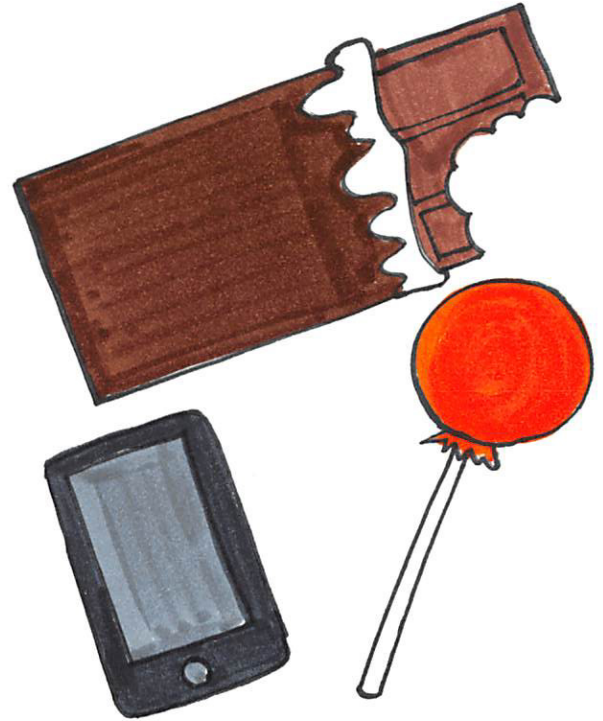
● **Caffeine**

● **Screens**

● **Emotional Conversations**

It can be  
in SODA/  
POP and  
CHOCOLATE

T.V., iPod,  
Computer,  
iPad, phone,  
etc.



# Things that might help if you can't sleep:

And, even if  
they don't help,  
they won't hurt!

- Calm/soothing Scents\*

(\* Everyone has different scents they find soothing—many people like the scent of lavender)

- Listening to calm/soothing music  
QUIETLY

- Heavy blankets

- Hugging a stuffed toy





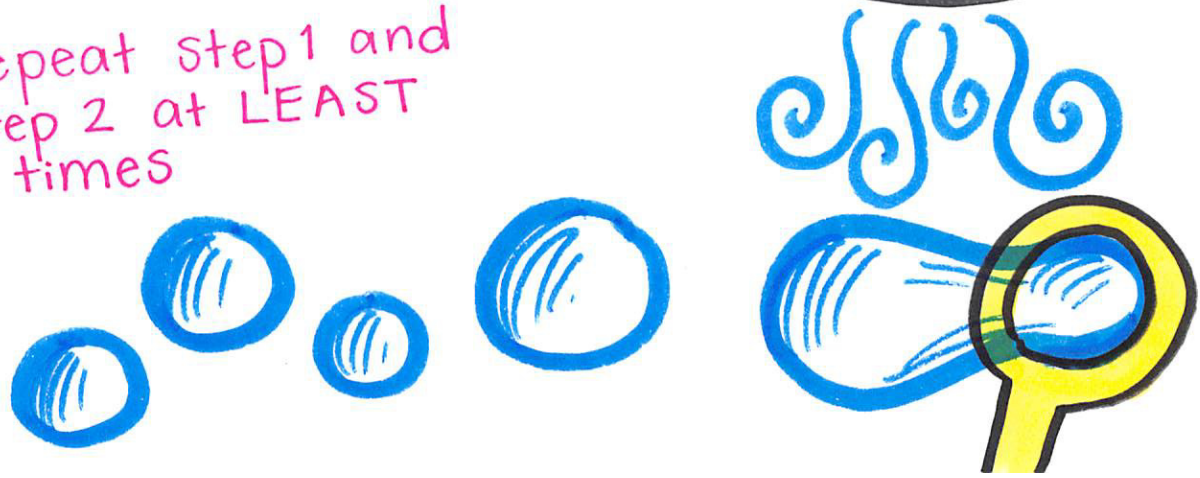
When you can't sleep  
because of anxiety, try  
deep breathing.

Step 1: Breathe in SLOWLY  
through your nose

Step 2: Breathe out SLOWLY  
through your mouth

(★ it can help if you pretend you're  
blowing bubbles)

Step 3: Repeat step 1 and  
Step 2 at LEAST  
3 times



When you can't sleep  
because you can't stop  
thinking...

● Think about something more  
pleasant and relaxing:

- imagine a happy,  
perfect place
- tell yourself a calm  
story in your head
- count as high as you  
can
- imagine floating



When you are having trouble falling asleep, try:

- closing your eyes
- Lying very still
- Deep breathing AND focusing on your breath



This calms your mind and body

One last tip:

Try not to worry about your struggles sleeping - Worrying about it just adds to the struggle.

Focus instead on things that calm and sooth.

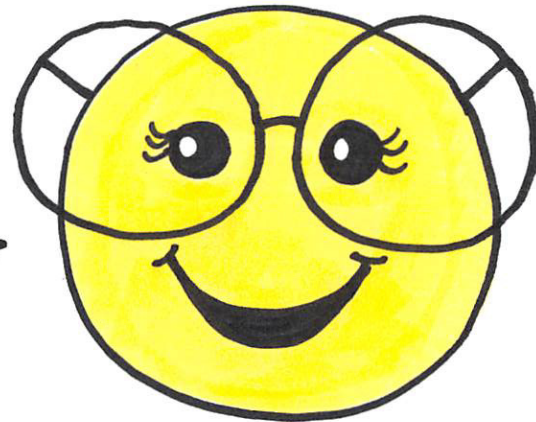


Try not to worry - this struggle will pass!

# Remember:

We all have trouble sleeping from time to time – it's very normal and will pass.

We all struggle to sleep sometimes – it will pass! Try not to worry!



Don't Forget:

You are **BRAVE** and

you are **STRONG** !!

You can **Cope**!

(You have the tools -  coping skills! )

