Cognitive focusing is a technique you can use to help you go to sleep. If you find yourself awake in the middle of the night, do not get upset or frustrated. Try cognitive focusing as a new skill to help you go to sleep.

**To help you fall asleep**

1. Tell yourself something calm and reassuring, such as “I'll fall asleep soon when I allow myself to relax” or “Even if it's 2:00 AM, there's no need to worry since I'll be asleep in a few minutes.”

2. Take 2 breaths and concentrate on relaxing your body. Breathe slowly in and out, imagining the tension draining out of your body. Focus on the various muscle groups (head, arms, torso, legs, and so on) so your entire body relaxes completely.

3. Take 5 deep breaths, counting to yourself as you take each breath. As you count, tell yourself: “I’m getting more and more calm and relaxed, and peaceful as I count.”

4. Continue to breathe deeply and focus on a pleasant mental image. It can be a very simple one, like a flower, a beach or a sunset.

5. Do not let other thoughts disturb you. Think of a candle flame, which flickers in the breeze that is caused by distracting thoughts. Watch the flame in your mind. Watch it become upright again as the extraneous thoughts go away, and your mind becomes even more focused, calm and relaxed.

Adapted from Hales, Dianne. *The Complete Book of Sleep.*