



Sleep Box at a Glance



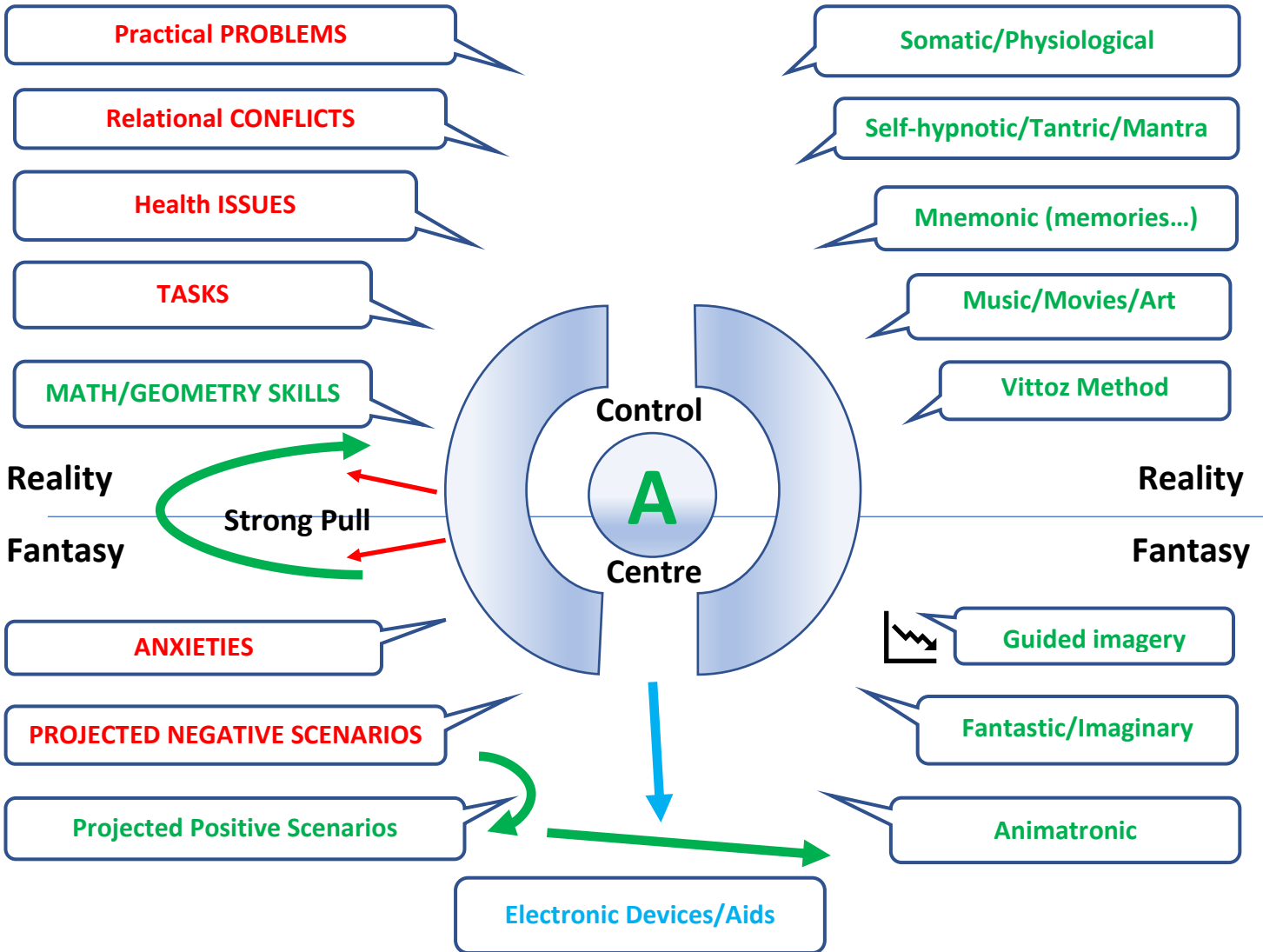
Daytime Mode

LEFT HEMISPHERE (Critical Parent):
Analytical, Logical, Orderly

Nighttime/Daytime Mode

RIGHT HEMISPHERE (Child):
Creative, Innovative, Leisure

Make your sleep-inducing selection!



Here-and-now + Concrete/Physical Action (in low light)



Practical solution: Sometimes, the solution is to... **just get up and do it!** Get out of bed: draft a plan, clean the bathtub, write a journal, do the dishes, read/watch a boring book/movie, draw up a to-do list... then go back to sleep!





Sleep Box at a Glance

Daytime Mode

LEFT HEMISPHERE (Critical Parent): Analytical, Logical, Orderly

Past and/or Future modality/Focus

Practical PROBLEMS: financial difficulties, legal problems, bills to pay, work, household concerns/issues, renovations, repairs...

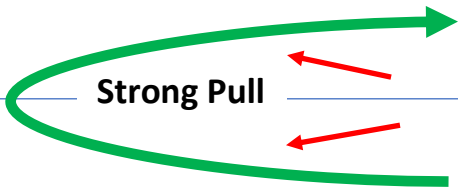
Relational CONFLICTS: relationship conflict, family conflict, conflict at work, with friends, neighbours, relatives...

Health ISSUES (self/child): new diagnosis, illness, pain, upcoming appointment/test/surgery, STI, infection...

TASKS: homework, chores, assignments, repairs, house cleaning, chores, payment, snow removal...

MATH/GEOMETRY SKILLS: counting backwards from 100, solving a (fun) math/geom. problem...

Reality



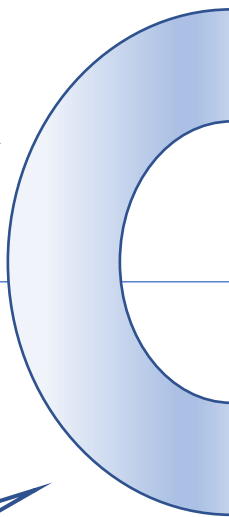
Strong Pull

Fantasy

ANXIETIES: work, school, relationships, health, homework, children, finances, deadlines...

PROJECTED NEGATIVE SCENARIOS: health, war, relationships, conflicts, environment, news...

Projected POSITIVE SCENARIOS: converting these negative scenarios into positive ones (+ thinking)...



Reality

Fantasy

Here-and-now + Concrete/Physical Action (in low light)



Practical solution: Sometimes, the solution is to... **just get up and do it!** Get out of bed: draft a plan, clean the bathtub, write a journal, do the dishes, read/watch a boring book/movie, draw up a to-do list... then go back to sleep!

Sleep Box at a Glance



Daytime/Nighttime Mode

RIGHT HEMISPHERE (Child): Creative, Innovative, Leisure
Here-and-now modality/Focus

Goal: Synchronize the mind with the body (here & now)

1. **Basic environmental requirements :**

- lower temperature, no/minimum light, no/white sound, no cellphone, release body tension, position (fetal, back, side...)

2. **Your sleep inducing “selections” (choose your own “tracks”)**

A. Somatic / Physiological

Breathing/Body: focus on breath – sound, movement, sensation...

Muscle contractions: tense each muscle from toes to the forehead.

B. Self-hypnotic / Tantric / Mantra / Prayer

Positive self-talk/Repetition: “I’m sleepy- I sleep”, “I’m tired- very tired”; counting from 100-1; verse from the Bible, Coran, Torah...

Prayer/Mantra: serenity prayer, gratitudes, guidance, etc.

C. Mnemonic (childhood, trips, etc.)

Childhood memories: safe place, outing, camping, at the fair, at the playground, visit at relatives, favourite person or activity...

D. Music / Movies / Art

Music: favourite music (low tempo), sing a song (in your head)...

Movies: fantasy, suspense, intrigue, classic/black & white...

Art: creating pottery, sculpture, painting, mandala, design...

E. Vitoz Method

Draw a square in your mind, add green lines, red dots in corners...

F. Guided imagery

Be an animal, bird, fish, reptile (dolphin, eagle, crocodile): Imagine and immerse yourself in their habitat, exploring with an open mind...

G. Fantastic/Imaginary

Imagine yourself acting in a movie, **performing** on a stage, **singing** in a choir, **being** a superhero...

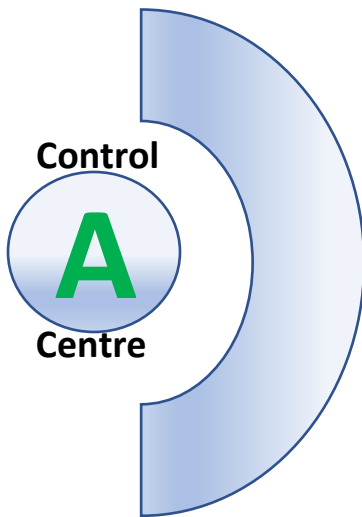
Imagine immersing yourself in a new environment, realm, galaxy, cave, lake, coral reef, basement, tunnel... **Let your mind be free!**

H. Animatronic

Imagine being in a “articulated” costume of an animal, a bird, a reptile, a dinosaur... and operating that contraption and wandering around...

J. Electronic Devices/Apps

Cell phone apps, white noise machine, various sound systems/devices...



Reality

Fantasy

I. Projected positive scenarios: converting the negative scenarios into positive ones (+ thinking)...

Here-and-now + Concrete/Physical Action (in low light)



If all fails: Get up! And do a light chore, like washing the tub, sink or kitchen counter, read a boring book, watch the weather channel... Avoid bright lights and, please, no cell phone or internet browsing!



Sleep Box Work Sheet

Personalize your own sleep box!

These are some of the various “tracks” you can “select” or access when trying to fall asleep and enter the dream world.

Personalizing your own sleep “tracks”

A. Somatic/Physiological (Focus here is on breathing or contracting of muscles)

Breathing

Muscle contractions

B. Self-hypnotic/Tantric/Mantra/Prayer

C. Mnemonic (childhood, trips, etc.)

D. Music/Movies/Art

E. Vittoz Method

F. Guided Imagery

G. Fantastic/Imaginary

H. Animatronic

I. Projected Positive Scenarios

J. Electronic Devices/Apps

The Sky is the limit... really!

Sleep Box Work Sheet - Example

Personalize your own sleep box!

These are some of the various “tracks” you can “select” or access when trying to fall asleep and enter the dream world.

Personalizing your own sleep “tracks”

- | | |
|---|--|
| A. Somatic/Physiological | (Focus here is on breathing or contracting of muscles) |
| Breathing | <u>5 breaths/exhales; 4-7-8 breath method; box breathing</u> |
| Muscle contractions | <u>Contract muscles from toes to the forehead; whole body</u> |
| B. Self-hypnotic/Tantric/Mantra/Prayer | <u>“I’m sleepy – I sleep”; “I’m tired – very tired”</u> |
| | <u>Gratitudes; verse from the Bible, Coran, Tora, Buddha...</u> |
| C. Mnemonic (childhood, trips, etc.) | <u>Camping trip; canoeing on a calm river, etc.</u> |
| | <u>Trip to the Galapagos; visiting grand-parents, cousins</u> |
| D. Music/Movies/Art | <u>Oh My My (first minute) by Jane Siberry; classical music</u> |
| | <u>Imagine being in <i>The Matrix</i>, <i>The Wizard of Oz</i>, etc.</u> |
| | <u>Turning a piece of pottery; doing a sculpture</u> |
| | <u>Painting a summer scenery; cooking a cake</u> |
| E. Vittoz Method | <u>Green rectangle with one blue dot in each corner</u> |
| F. Guided Imagery | <u>Diving and exploring into a coral reef</u> |
| | <u>Going into a new peaceful forest</u> |
| G. Fantastic/Imaginary | <u>Exploring the surface of the moon, mars, a new galaxy</u> |
| | <u>Imagine exploring a new cave, trail in the woods...</u> |
| H. Animatronic | <u>Imagine being inside a dinosaur suit/robot</u> |
| | <u>Imagine having wings and flying/flippers and swimming</u> |
| I. Projected Positive Scenarios | <u>“I will be able to complete the task and succeed”</u> |
| | <u>“I always end up doing my task and this is no different”</u> |
| J. Electronic Devices (Apps) | <u>“Headspace”; “Insight Timer”; “Waking Up”; “Calm”;</u> |
| | <u>“Relax Yoga Meditation”; “White Noise”; “Placidity”...</u> |

The Sky is the limit... really!