

Sleep Box at a Glance



Reality

Daytime Mode

Daytime/Nighttime Mode

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

RIGHT HEMISPHERE (Child): Creative, Innovative, Leisure

Make your sleep-inducing selection!

Control

Centre *

Practical PROBLEMS: financial difficulties, legal problems, bills to pay, renovations, repairs...

Body Basics: Temperature, lighting, sounds, tension, position (fetal, back...)

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

Breathing/Body: Focus on breath – sound / movement/ sensation, etc. Tensing muscles from toes to head...

Positive self-talk/Repetition: "I'm sleepy- I sleep", "I'm tiredvery tired". Counting down from 100.

Health ISSUES (self/child): new diagnosis, illness, pain...

Strong Pul

Childhood memories: (safe place, outing, camping, at the fair, playground, visit at relative, favourite person...)

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

Music: favourite music (low tempo), sing a song... Movies: fantasy, suspense, intrigue, classic, action... **Art:** creating pottery piece, sculpture, painting...

Reality

Vittoz Method: Draw a square in your

Fantasy

mind, add green lines, red dots in corners

Anxieties: re: work, school, relationships, health, homework, deadlines...

Fantasy

Projected negative scenarios: relationships, health, conflicts, war, environment, news... Projected POSITIVE SCENARIOS: convert -/+

Guided Imagery + Animatronic: Be an animal, bird, fish: (dolphin, eagle, crocodile) and imagine self in their habitat, exploring with an open, creative mind...

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

Fantastic / Imagery: 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, basement, tunnel... let your mind be free...

Practical solution: Sometimes, the solution is to... get up and just do it! Get out of bed: draft a plan, write a journal, draft a to-do list, clean the tub... then go back to sleep!

*Relax your body and release tensions.

Electronic Devices/Aids: Cell phone apps, white noise machine, sound systems/devices...

© 2025 Luc Dumouchel, MA, Registered Psychotherapist, Ottawa (Canada) – Share and diffuse freely