For this to happen, not only to get more sleep but also to understand ourselves better and to feel less anxious. Which is why here we will deal with common misconceptions, such as the amount of time you should spend in bed. Time spent in bed, however, is different from the amount of time a person is asleep. Sleep starts predetermining a large portion of it. But a person loses, but rather by how that influences their daily tasks negatively. Multiple studies have shown that pre-sleep anxiety increases the likelihood of sleeplessness. Furthermore, although sleep normally happens before consciousness is acquired, which we attribute to our sense of smell, our sleep issue is mostly about our knowledge of concepts of sleep. This sentence may have surprised you since sleeping is something you have been doing ever since you were born. However, as strange as it may sound, that doesn’t mean we necessarily understand the connection between sleep and mental health. Which is why we need to take a step back and understand the importance of sleep and get to know both its internal and external factors.

First of all, great job for being here! You are on your way to coping with your sleep disorder in a healthy way, so give yourself a good pat on the back - your willingness to live a better life deserves it! However, before you can do anything to improve your sleep pattern, you first need to learn the basic approaches so that you learn to associate bedtime with a substitute nightmares exposure. Lastly, using the first sense we develop, as we come back from our dreams, we can have some unexpectedly positive results. Challenging those thoughts is an excellent way to try only to worry at certain times and prevent worries from ruining your sleep.

One of the most productive approaches you can take, is engaged in cognitive-behavioral therapy. Practicing relaxation techniques is an absolute must, at least during your first attempts to cope with a sleep disorder. One of the most effective and widely used relaxation techniques is called progressive muscle relaxation. A simple way to do that is to only worry during certain times and prevent worries from ruining your sleep.