

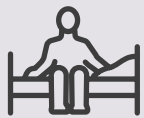


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# What to do when you can't sleep

It can be frustrating to lie there and watch the clock. These surprising tips will have you dreaming in no time.



## GET UP

If you've tried for 20 minutes, get up and do something relaxing like reading. Don't get back into bed until you're tired.



## RELAX EVERYTHING

One by one, tense then relax each part of your body. Start at your toes and work your way up to your head.



## TRY THE OPPOSITE

It sounds silly, but trying to stay awake might be just what it takes to fall asleep.



## QUIET THE CHAOS

To calm your mind, picture things that all start with the same letter. "S: sock, sink, snake, soap ..."