



(CASIGY™ = Creative, Acutely Aware, Super-Sensitive, Intense, and/or Gifted You-s)

Seven Tips to Help CASIGYs™ Sleep Peacefully

Here's what's helped my CASIGY clients the most, kids and grown-ups, to improve their sleep:

1. **Find you or your child's optimal amount of sleep.** Experiment and keep track to discover what that is and then plan that into your schedule, making it top priority. We live in a sleep deprived world, so doing this is a bit counter-culture. Some CASIGYs need more sleep than others. Other CASIGYs need much less sleep than most people do. How much sleep do you or your child need? Also, paying attention to *when* you or your children needs sleep can be crucial. Some of us are early risers; others of us are late bloomers.

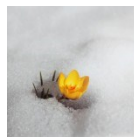


2. **Carve out Uptime:**

1. **First, get 30 minutes or more of moderate to vigorous physical exercise as early in the day, as many days a week as possible.** A combination of aerobic, strength and flexibility training is best. If you don't have access to what is 'best', never mind that, and do what you CAN do. FYI, physical exercise is also the best first level stress management tool and also the best first level depression and anxiety management tool that there is. Also, don't assume that your kids are getting enough exercise at school; they're probably not, so include them in your plans for exercise when you can. If you can join a gym, great. If you can't or don't want to, great. It's possible activate your creativity, search the web, or enlist your kids to create indoor or outdoor games of You-Name-It to play together that are fun, physically active and interactive at the same time.
2. **Second, spend time in self-care for your mind, soul and/or spirit.** Again, it doesn't have to be a long time; 5, 10 or 15 minutes can make a big difference in the whole day. This might look like reading something inspirational. It might be doing Yoga, Tai-Chi, Chi-gong, or some other body-mind practice. It might be meditation. It might be writing 5 "Gratitudes". As you read my lists, you likely know what it is for you or your child.
3. **A Third kind of Uptime is carving out 15 minutes (set a timer to keep it quick) to make that ToDo list early in the day.** Mark your list with the ONE thing you want or need to get one if that's the ONLY thing you get done today. And set other priorities for your day. This is great to prevent train wrecks at the end of your day. When this is relevant for them, recruit your kids to participate in this, age-appropriately of course - again, to prevent train wrecks at the ends of their days, too.



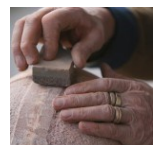
3. **Carve out Time in Nature** as often as get your exercise outdoors as often as you allow.



possible. You might want to eat your lunch outdoors or can and often as the weather and your location will

4. **Carve out Creative Time often,** especially if a day can make a huge positive difference in your or children's stress level, and in your or their ability to sleep.

the Muses haunt your sleep. Even 20 minutes



5. **Carve out Downtime,** each day and each one day a week for worship? One possibility focused on DOING, but just on BEING, and mind that research has shown that it informal, as in family and friendships, or helpful. And if you're an introvert, like many Time.



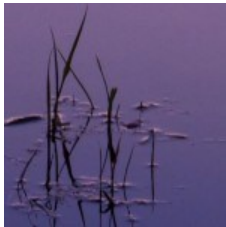
week. Why is it that the four major religions all have is that we humans NEED down time, time that is not sometimes in being together. If you're single, keep in doesn't matter whether your human contact is formal, as in clubs or other organizations - it all is CASIGYs are, you definitely need to carve out ALONE

6. **If your mind won't quit or your emotions churn**, and it's like there's a hamster on a wheel in your head who's constantly running and spinning the wheel, give that hamster a path to run on. Tune in, using something like the [Daily Tune- in-Tool](#). If the thoughts/emotions are REALLY haunting you, and if you like to dive deep into things, or like to write, you might like using Stream-of Consciousness Journaling. That's where you 'catch' and then either hand-write or keyboard the thoughts that run through your head. If you hand-write these pages, this is not the kind of journaling to put into a pretty Journal book. This is more like taking out the mental/emotional garbage, so write it on something appropriate to the metaphor. Taking the time to capture and record your thoughts and feelings is a kinesthetic type of meditation – it helps these thoughts to come to the surface and then moves them down into your body and through your hand(s) out of you onto the page. The page then becomes a metaphorical container to help hold them, so you no longer have to carry them inside of you; you can "catch and release" them as you write.



7. **Wind down at the end of the day.** Turn off electronics, read (pay attention to what you read, so it does not excite or rev you or your kids up) or do other low key, soothing activities. A warm bath is a great mind and body relaxer. If you need more help

Relaxation find it helpful to amino acids such as Lavender down routine before I posted missed a very



in relaxing, I've got a free handout of instructions for three kinds of Breathing Exercises in the [CASIGY Tool Box](#) that may help. Many HSPs also limit alcohol and sleeping pills, favoring calm music, chamomile tea, calming as GABA, L Theanine, 5HTP or herbs such as Valerian Root or essential oils for relaxation. To maximize its impact, many CASIGYs like to make your wind into a mini-ritual at the end of your day. My husband [Gary](#) read my blog it, as he often so generously does before I put up my posts. He said I had important one: sex. Well, of course he would be the one to think of that!

And he's right, of course. When it's an option, loving time together, culminating in sexual intimacy has an uncannily positive effect on sleep.

It's true that none of these things is easy to do. Getting lousy sleep or not enough sleep is also not easy to live with. As you experiment, you will likely find some of these are more important for you or your kids than are others. **All of these things all boil down to making yourself and your kids' body/mind/soul/spirit needs top priority, and adjusting your lives according to what you or they as CASIGYs need.**

This is much easier said than done. It's hard to take time that others around us don't take for self-care. It's hard to carve out time for self-care when we have half a dozen creative projects calling for our attention and the floor needs cleaning and the laundry needs to be done and we're exhausted. It's hard to carve out time for self-care when there's mountains homework due in the morning. It's hard to carve out time for self-care, Period.



The Benefits of a good night sleep include waking feeling refreshed, having a sense of inner calm and a feeling of readiness for the day. You'll be able to think better, you'll be able to get and keep your perspective on your day. Your physical pain will be lower than when you don't sleep enough or well. You'll be able to access your best coping tools and skills. You'll feel good and be able to thrive and not just survive.

It doesn't matter if the culture supports it or not, if you need to do things differently to thrive rather than just survive, then I would encourage you to give yourself the permission to identify what you and your family need, and to go ahead and implement what you discover, AKA Just Do It. Now I'm sounding like an athletic coach- it's not easy, but *when you find what is essential for you or your family, (Please) Just Do It!*

On the other hand, it's often not that simple, is it? Modern life is complex. CASIGYs are especially complex. Again, when you can't do what's ideal, let go of the ideal, and Do what is accessible. Do what you CAN do. In addition, *when we can't do what we know to do, when we can't use the tools we have in our toolbox, those are times we may want to dig deeper.* One way of digging deeper is to engage in a counseling or psychotherapy process. If exploring that possibility interests you, here's my article, "**When Can Counseling Help?**" **You can find it here:**

<http://therapistforsensitiveandgifted.com/counseling-sensitive-gifted/>