

Take a warm bath

Taking a warm bath is a great way to relax our bodies and prepare ourselves for sleep.

Sleep 01

To make my bath even more relaxing I:

- ☐ Add Epsom salts
- ☐ Add bath salts
- ☐ Light some candles
- ☐ Darken the room
- ☐ Play soft music
- ☐ Use relaxing aromas, like lavender or sandalwood
- ☐ My idea:

Does this Personal Medicine work for me?

- ☐ Yes – it helps me *(describe)*:
- ☐ No – I will try another

© 2021 Pat Deegan PhD & Associates, LLC

Take a warm bath

Taking a warm bath is a great way to relax our bodies and prepare ourselves for sleep.

Sleep 01

To make my bath even more relaxing I:

- ☐ Add Epsom salts
- ☐ Add bath salts
- ☐ Light some candles
- ☐ Darken the room
- ☐ Play soft music
- ☐ Use relaxing aromas, like lavender or sandalwood
- ☐ My idea:

Does this Personal Medicine work for me?

- ☐ Yes – it helps me *(describe)*:
- ☐ No – I will try another

© 2021 Pat Deegan PhD & Associates, LLC

Track how substances affect my sleep

Caffeine, alcohol, marijuana and tobacco can help us relax. They can also interfere with our ability to fall asleep, stay asleep and get good quality sleep. Tracking can help us figure out how our use affects our sleep.

Sleep 02

	Day 1	Day 2	Day 3
Did I Use?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Quality of sleep			
	Day 4	Day 5	Day 6
Did I Use?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Quality of sleep			

Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe)*:

☐ No – I will try another

© 2021 Pat Deegan PhD & Associates, LLC

Track how substances affect my sleep

Caffeine, alcohol, marijuana and tobacco can help us relax. They can also interfere with our ability to fall asleep, stay asleep and get good quality sleep. Tracking can help us figure out how our use affects our sleep.

Sleep 02

	Day 1	Day 2	Day 3
Did I Use?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Quality of sleep			
	Day 4	Day 5	Day 6
Did I Use?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Quality of sleep			

Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe)*:

☐ No – I will try another

© 2021 Pat Deegan PhD & Associates, LLC

Replace my nap with an activity

Those of us with sleep problems have learned naps can interfere with being able to fall asleep and stay asleep through the night. Skipping a nap and replacing it with an activity can help.

Sleep 03

Instead of napping, I:

- ☐ Go outside for a walk
- ☐ Clean my kitchen
- ☐ Play a video game
- ☐ Call or text a friend
- ☐ My idea:

Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe)*:

☐ No – I will try another

© 2021 Pat Deegan PhD & Associates, LLC

Replace my nap with an activity

Those of us with sleep problems have learned naps can interfere with being able to fall asleep and stay asleep through the night. Skipping a nap and replacing it with an activity can help.

Sleep 03

Instead of napping, I:

- ☐ Go outside for a walk
- ☐ Clean my kitchen
- ☐ Play a video game
- ☐ Call or text a friend
- ☐ My idea:

Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe)*:

☐ No – I will try another

© 2021 Pat Deegan PhD & Associates, LLC

Use the stomach rub method

The stomach rub method soothes the digestive system and helps bring about deep relaxation. We can use it before trying to sleep or if we wake up in the middle of the night.

Sleep 04

To use the stomach rub method, I:

- Rub my palms together to warm my hands
- Massage my abdomen in a clockwise direction with one palm. Make 20 circles.
- Switch hands and repeat in the opposite direction, Make another 20 circles.
- Continue until I feel ready for sleep

My plan to use the stomach rub method:

Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe)*:

☐ No – I will try another

© 2021 Pat Deegan PhD & Associates, LLC

Use the stomach rub method

The stomach rub method soothes the digestive system and helps bring about deep relaxation. We can use it before trying to sleep or if we wake up in the middle of the night.

Sleep 04

To use the stomach rub method, I:

- Rub my palms together to warm my hands
- Massage my abdomen in a clockwise direction with one palm. Make 20 circles.
- Switch hands and repeat in the opposite direction, Make another 20 circles.
- Continue until I feel ready for sleep

My plan to use the stomach rub method:

Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe)*:

☐ No – I will try another

© 2021 Pat Deegan PhD & Associates, LLC



Use a bedtime routine

Some of us with sleep challenges have learned our sleep improves if we develop a bedtime routine. Doing the same thing, at the same time each night, can help our bodies recognize when it's time for sleep.

Sleep 05



My bedtime routine includes:

Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe)*:

☐ No – I will try another

© 2021 Pat Deegan PhD & Associates, LLC



Use a bedtime routine

Some of us with sleep challenges have learned our sleep improves if we develop a bedtime routine. Doing the same thing, at the same time each night, can help our bodies recognize when it's time for sleep.

Sleep 05



My bedtime routine includes:

Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe)*:

☐ No – I will try another

© 2021 Pat Deegan PhD & Associates, LLC

Turn off electronics before sleep

Electronics can stimulate our brain and interfere with sleep. Unplugging from electronics at least one hour before sleep can help. This includes TV, video games, tablets, phones, computers, social media and online gaming.

Sleep 06

Instead of using electronics, I:

- ☐ Read or journal
- ☐ Take a warm bath
- ☐ Relax with my partner
- ☐ Spend time with my pet
- ☐ Meditate or pray
- ☐ Listen to quiet music
- ☐ My idea:

Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe)*:

☐ No – I will try another

© 2021 Pat Deegan PhD & Associates, LLC

Turn off electronics before sleep

Electronics can stimulate our brain and interfere with sleep. Unplugging from electronics at least one hour before sleep can help. This includes TV, video games, tablets, phones, computers, social media and online gaming.

Sleep 06

Instead of using electronics, I:

- ☐ Read or journal
- ☐ Take a warm bath
- ☐ Relax with my partner
- ☐ Spend time with my pet
- ☐ Meditate or pray
- ☐ Listen to quiet music
- ☐ My idea:

Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe)*:

☐ No – I will try another

© 2021 Pat Deegan PhD & Associates, LLC

Write “sleep” with my eyes

Sometimes, slowing our thoughts down through hypnotic exercises can help us fall asleep.

Sleep 07

To write “sleep” with my eyes, I:

- Close my eyes and imagine small waves lapping at the sand
- When the wave goes out, I use my eyes to write the word “sleep” in the sand
- Imagine the wave coming back and washing the word away
- Keep writing it again and again until I fall asleep

I use this when:

Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe)*:

☐ No – I will try another

© 2021 Pat Deegan PhD & Associates, LLC

Write “sleep” with my eyes

Sometimes, slowing our thoughts down through hypnotic exercises can help us fall asleep.

Sleep 07

To write “sleep” with my eyes, I:

- Close my eyes and imagine small waves lapping at the sand
- When the wave goes out, I use my eyes to write the word “sleep” in the sand
- Imagine the wave coming back and washing the word away
- Keep writing it again and again until I fall asleep

I use this when:

Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe)*:

☐ No – I will try another

© 2021 Pat Deegan PhD & Associates, LLC



Wind down

Sleep is not like a switch we turn on and off. Our bodies need time to get drowsy. Winding down in the hour before sleep can help. For example, the first 20 minutes can be used to prep for tomorrow. The second 20 minutes could be our personal hygiene routine. The last 20 minutes can be spent relaxing in bed with lights turned down.

Sleep 08



My winding down plan:

In the first 20 minutes before sleep, I:

In the next 20 minutes before sleep, I:

In the last 20 minutes before sleep, I:

Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe)*:

☐ No – I will try another

© 2021 Pat Deegan PhD & Associates, LLC



Wind down

Sleep is not like a switch we turn on and off. Our bodies need time to get drowsy. Winding down in the hour before sleep can help. For example, the first 20 minutes can be used to prep for tomorrow. The second 20 minutes could be our personal hygiene routine. The last 20 minutes can be spent relaxing in bed with lights turned down.

Sleep 08



My winding down plan:

In the first 20 minutes before sleep, I:

In the next 20 minutes before sleep, I:

In the last 20 minutes before sleep, I:

Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe)*:

☐ No – I will try another

© 2021 Pat Deegan PhD & Associates, LLC

Exercise, exercise, exercise

Aerobic exercise – such as brisk walking for 30 minutes – can improve the quantity and quality of our sleep. However, researchers have found that if we exercise within four hours of bedtime, it can interfere with our sleep. If we workout in the evening, timing is important.

Sleep 09

To get good sleep, I:

- ☐ Play basketball or tennis
- ☐ Lift weights
- ☐ Bike, walk, run, swim
- ☐ Dance
- ☐ Clean the house
- ☐ Play air guitar
- ☐ Do yard work
- ☐ My idea:

Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe)*:

☐ No – I will try another

© 2021 Pat Deegan PhD & Associates, LLC

Exercise, exercise, exercise

Aerobic exercise – such as brisk walking for 30 minutes – can improve the quantity and quality of our sleep. However, researchers have found that if we exercise within four hours of bedtime, it can interfere with our sleep. If we workout in the evening, timing is important.

Sleep 09

To get good sleep, I:

- ☐ Play basketball or tennis
- ☐ Lift weights
- ☐ Bike, walk, run, swim
- ☐ Dance
- ☐ Clean the house
- ☐ Play air guitar
- ☐ Do yard work
- ☐ My idea:

Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe)*:

☐ No – I will try another

© 2021 Pat Deegan PhD & Associates, LLC



Keep the lights low

Low light tells our brain it's time to sleep. If we wake up during the night, it's important to keep the lights turned down low.

Sleep 10



If I wake in the middle of the night, I won't:

- ☐ Make a trip to the fridge
- ☐ Turn on TV
- ☐ Use my phone, tablet or computer
- ☐ My idea:

I will:

- ☐ Listen to soothing music in the dark
- ☐ Read with low light
- ☐ Focus on my breathing
- ☐ My idea:

Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe)*:

☐ No – I will try another

© 2021 Pat Deegan PhD & Associates, LLC



Keep the lights low

Low light tells our brain it's time to sleep. If we wake up during the night, it's important to keep the lights turned down low.

Sleep 10



If I wake in the middle of the night, I won't:

- ☐ Make a trip to the fridge
- ☐ Turn on TV
- ☐ Use my phone, tablet or computer
- ☐ My idea:

I will:

- ☐ Listen to soothing music in the dark
- ☐ Read with low light
- ☐ Focus on my breathing
- ☐ My idea:

Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe)*:

☐ No – I will try another

© 2021 Pat Deegan PhD & Associates, LLC

Use progressive muscle relaxation

It's hard to sleep when we are tense. Relaxing our bodies can release tension and help us get to sleep. We can do this exercise lying down in our beds or sitting in a chair.

Sleep 11

My progressive relaxation routine:

1. Flex my toes, hold them tight and count to 10. Then release
2. Flex my calves, hold them tight and count to 10. Then release
3. Repeat this for my thighs, abdomen, shoulders, hands, arms, fingers, neck and facial muscles.

I use this when:

Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe)*:

☐ No – I will try another

© 2021 Pat Deegan PhD & Associates, LLC

Use progressive muscle relaxation

It's hard to sleep when we are tense. Relaxing our bodies can release tension and help us get to sleep. We can do this exercise lying down in our beds or sitting in a chair.

Sleep 11

My progressive relaxation routine:

1. Flex my toes, hold them tight and count to 10. Then release
2. Flex my calves, hold them tight and count to 10. Then release
3. Repeat this for my thighs, abdomen, shoulders, hands, arms, fingers, neck and facial muscles.

I use this when:

Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe)*:

☐ No – I will try another

© 2021 Pat Deegan PhD & Associates, LLC

Stick to a sleep schedule

It can be tempting to sleep in on the weekend or to stay up late. However, a regular sleep routine helps our biological clock stay steady. As much as possible, try to go to sleep and wake up at the same time each day.

Sleep 12

My sleep schedule:

Bedtime:

Wake time:

How I ensure I stick to my sleep schedule:

Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe)*:

☐ No – I will try another

© 2021 Pat Deegan PhD & Associates, LLC

Stick to a sleep schedule

It can be tempting to sleep in on the weekend or to stay up late. However, a regular sleep routine helps our biological clock stay steady. As much as possible, try to go to sleep and wake up at the same time each day.

Sleep 12

My sleep schedule:

Bedtime:

Wake time:

How I ensure I stick to my sleep schedule:

Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe)*:

☐ No – I will try another

© 2021 Pat Deegan PhD & Associates, LLC



Put away worries until the morning

Worries sometimes get in the way of sleep. We can take charge of our worries by putting them away at night. Our worries may circle back and we may find ourselves worrying again. If that happens, we can avoid harsh self criticism and simply put our worries back on the shelf. When we put our worries away, it can make room for sleep to happen.

Sleep 13



Put away worries until the morning

Worries sometimes get in the way of sleep. We can take charge of our worries by putting them away at night. Our worries may circle back and we may find ourselves worrying again. If that happens, we can avoid harsh self criticism and simply put our worries back on the shelf. When we put our worries away, it can make room for sleep to happen.

Sleep 13



My worries:

To put my worries away, I:

- ☐ Write them down in a "worry" notepad kept next to my bed
- ☐ Ask my higher power to hold my worries until the morning
- ☐ My idea:

Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe):*

☐ No – I will try another

© 2021 Pat Deegan PhD & Associates, LLC



My worries:

To put my worries away, I:

- ☐ Write them down in a "worry" notepad kept next to my bed
- ☐ Ask my higher power to hold my worries until the morning
- ☐ My idea:

Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe):*

☐ No – I will try another

© 2021 Pat Deegan PhD & Associates, LLC

Practice positive thinking

It usually takes 20–30 minutes for people to fall asleep. Research shows we fall asleep faster if we think positive thoughts during that time.

Sleep 14

Before sleep, I focus on:

- ☐ Things I am grateful for
- ☐ My best day ever
- ☐ What I will do on my next day off
- ☐ Fun moments from my day
- ☐ My idea:

Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe)*:

☐ No – I will try another

© 2021 Pat Deegan PhD & Associates, LLC

Practice positive thinking

It usually takes 20–30 minutes for people to fall asleep. Research shows we fall asleep faster if we think positive thoughts during that time.

Sleep 14

Before sleep, I focus on:

- ☐ Things I am grateful for
- ☐ My best day ever
- ☐ What I will do on my next day off
- ☐ Fun moments from my day
- ☐ My idea:

Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe)*:

☐ No – I will try another

© 2021 Pat Deegan PhD & Associates, LLC

Listen to my sleep challenge

Trouble sleeping can be a signal pointing to something in our lives that needs attention. For instance, being awakened by acid reflux could signal it's time to go to the doctor. Nightmares could be a signal it's time to get help for trauma. Listening to what our sleep challenge is telling us can help us figure out next steps.

Sleep 15

My sleep challenge is signaling me to pay attention to:

My next steps:

Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe)*:

☐ No – I will try another

© 2021 Pat Deegan PhD & Associates, LLC

Listen to my sleep challenge

Trouble sleeping can be a signal pointing to something in our lives that needs attention. For instance, being awakened by acid reflux could signal it's time to go to the doctor. Nightmares could be a signal it's time to get help for trauma. Listening to what our sleep challenge is telling us can help us figure out next steps.

Sleep 15

My sleep challenge is signaling me to pay attention to:

My next steps:

Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe)*:

☐ No – I will try another

© 2021 Pat Deegan PhD & Associates, LLC

Name the oppression contributing to my sleep challenge

In order to get good sleep, we have to feel safe. When oppression threatens us, it can be really hard to get to sleep and stay asleep. Joining with others to fight our oppression can help us feel safer.

Sleep 16

The oppression I experience:

How it affects my sleep:

Organizations or groups I can join: (name and contact info):

Does this Personal Medicine work for me?

☐ Yes – it helps me (*describe*):

☐ No – I will try another

© 2021 Pat Deegan PhD & Associates, LLC

Name the oppression contributing to my sleep challenge

In order to get good sleep, we have to feel safe. When oppression threatens us, it can be really hard to get to sleep and stay asleep. Joining with others to fight our oppression can help us feel safer.

Sleep 16

The oppression I experience:

How it affects my sleep:

Organizations or groups I can join: (name and contact info):

Does this Personal Medicine work for me?

☐ Yes – it helps me (*describe*):

☐ No – I will try another

© 2021 Pat Deegan PhD & Associates, LLC

Tell myself cultural or spiritual stories before bed

One of the most powerful ways culture is passed on through the generations is with songs, stories and/or prayers shared at bedtime. These stories can be soothing and help us get to sleep.

Sleep 17

My cultural or spiritual sleeping song/story/prayer:

Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe)*:

☐ No – I will try another

© 2021 Pat Deegan PhD & Associates, LLC

Tell myself cultural or spiritual stories before bed

One of the most powerful ways culture is passed on through the generations is with songs, stories and/or prayers shared at bedtime. These stories can be soothing and help us get to sleep.

Sleep 17

My cultural or spiritual sleeping song/story/prayer:

Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe)*:

☐ No – I will try another

© 2021 Pat Deegan PhD & Associates, LLC



Personal Medicine: Sleep

Is my Personal Medicine powerful?

Is it a specific activity, not a feeling/state-of-being? ☐ Yes ☐ No

Is it something I do now, not a future goal? ☐ Yes ☐ No

Is it something I do, not something I take? ☐ Yes ☐ No

Does it say how it helps me? ☐ Yes ☐ No

Sleep Blank



Personal Medicine: Sleep

Is my Personal Medicine powerful?

Is it a specific activity, not a feeling/state-of-being? ☐ Yes ☐ No

Is it something I do now, not a future goal? ☐ Yes ☐ No

Is it something I do, not something I take? ☐ Yes ☐ No

Does it say how it helps me? ☐ Yes ☐ No

Sleep Blank

Personal Medicine: Sleep



My plan:

Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe)*:

☐ No – I will try another

© 2021 Pat Deegan PhD & Associates, LLC

Personal Medicine: Sleep



My plan:

Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe)*:

☐ No – I will try another

© 2021 Pat Deegan PhD & Associates, LLC