

How to Set Up a Cozy Nook



A sneaky reason you can't settle in bed is that you may have developed a negative association with your bed. If you spend a lot of time in bed trying to sleep or doing other activities, your bed may have become a cue for alertness, making it very difficult to power down in bed.

The good news is that you can train yourself to associate your bed with sleepiness by cutting down on your time awake in bed, by reserving your bed for sleep only, and by only getting into bed only when sleepy.

In the moment, it's really hard to stay out of bed unless you have a solid alternate plan, especially if you're tired and stressed out. This is why setting Comfy Nook & Sleep Box is one of the best first steps you can take to get your sleep on track.

One



Clear a space to set-up a comfortable spot where you can relax.

Options: a reading/lounge chair, a small sofa, or a second mattress. Make sure this spot is really easy to get to from your bed and just as comfortable as your bed!



Two

Add a dim light source.

Purchase a dim, amber tinted reading light so that you don't have to rely on overhead lights or side lamps that are too bright and stimulating.

Three



Add extras to make the space as appealing as possible

Keep a sweater, a housecoat, slippers, a blanket, extra pillows, etc. on hand in the Nook. Create a Sleep Kit (see page 3).



Cozy Nook Examples



Lower budget

Cushions, a second mattress, a pet bed, reading pillow or other soft items from around the home



Mid-level budget

A play or foldable couch or bean bag chair

Higher budget

A lounge chair or sofa



How to Set up a Cozy Nook and Sleep Kit

Sleep Kit Ideas



Items to help relax
(squeeze ball, sensory
items, comfort item)



Pen and paper to
capture thoughts



Art supplies



Letters and other
mementos



Building & tinkering
materials



Magazines



Puzzles, sodoku, colouring
books, paint-by-Sticker, etc.



Printed books &
articles



Picture albums or
scrapbooks



Musical instrument



Self-care items



Helpful quotes,
pictures, lists



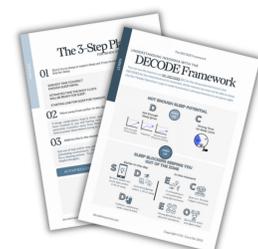
Audio (playlist,
podcasts, audiobooks)
set up ahead of time



Items to avoid too
much light and
stimulation



Journal prompts



DECODE Cheatsheets

How to Set up a Cozy Nook and Sleep Kit

Action Steps

- Decide on an area in your room
- Gather a large box
- Clear the area
- Gather items from from around the home: blanket, slippers, housecoat, notebook, pen, container for Sleep Kit, a book, etc.)
- Jot down any other items needed in the space below. Add to this list as you test the spot.
- Jot down action steps to take in the space below (ex. assemble the chair once received, ask parent for help with xyz). Add to this list as you test the spot.
- Place an order or schedule a time to shop.
- Set up your first versions of the Cozy Nook and Sleep Kit.
- Set a date to have your 'done' versions of the Cozy Nook and Sleep Kit.

To do

To buy

Done by

Using the Cozy Nook & Sleep Kit



BEFORE GETTING INTO BED FOR THE NIGHT

Do not get into bed until it is past your starting for sleep AND you feel sleepy. In the meantime, do something else relaxing in your Cozy Nook.

IF IN BED AND UNABLE TO SLEEP (AT THE BEGINNING OR MIDDLE OF THE NIGHT)

If you are awake for more than 15 minutes in bed, get out of bed and go to your Cozy Nook and do something relaxing from your Sleep Kit. Try to avoid anything that will stimulate you (turning on lights, using devices). Get back into bed only when you feel sleepy. Repeat as needed.

IF AWAKE TOO EARLY

If it is within 1-2 hours of your wake-up time, consider getting out of bed and starting your day. Do not check your phone or turn on bright lights until you have decided you are up for the day.

IF YOU STRUGGLE TO GET OUT OF BED

Use the Cozy Nook as the first place you go after you turn off your alarm so that you don't return to your bed.

DURING THE DAY/YOUR AWAKE TIME

Stay out of your bed. Doing anything in your bed strengthens the association between your bed and 'awake mode'.