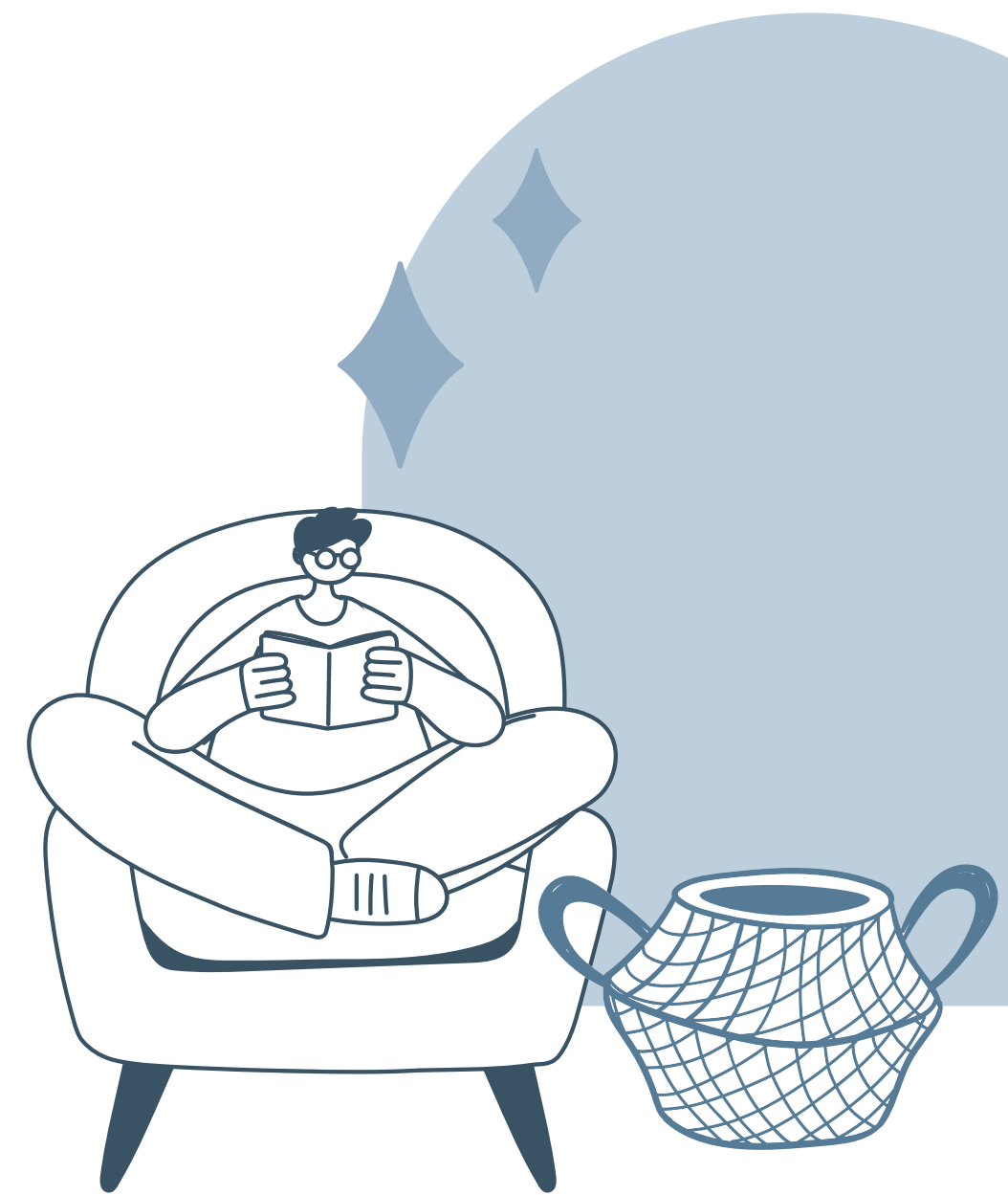


# How to Set Up a Cozy Nook



A sneaky reason you can't settle in bed is that you may have developed a negative association with your bed. Because a lot of time spend in bed away, your bed has become a cue or trigger 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 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.**

Consider purchasing 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



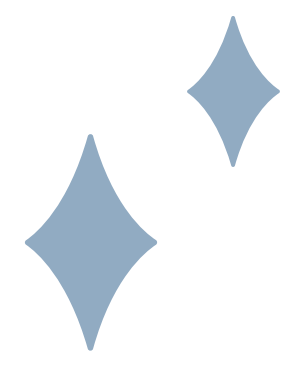
**Add cozy extras**

Options: a sweater, a housecoat, slippers, a blanket, extra pillows.





# 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, bean bag chair

## Higher budget

A lounge chair or sofa





How to Avoid Defaulting Back to Bed and Devices

# Sleep Kit Ideas



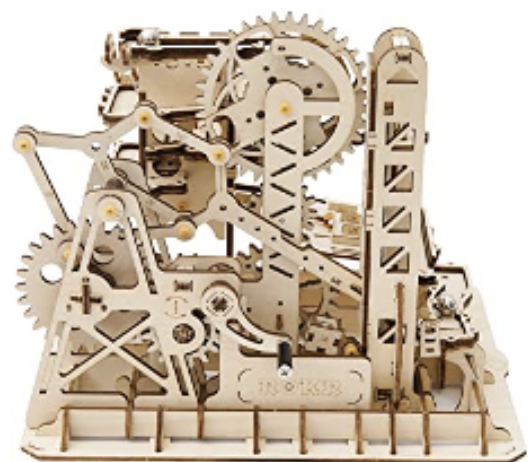
Items to help relax  
(squeeze ball, sensory  
items, comfort item)



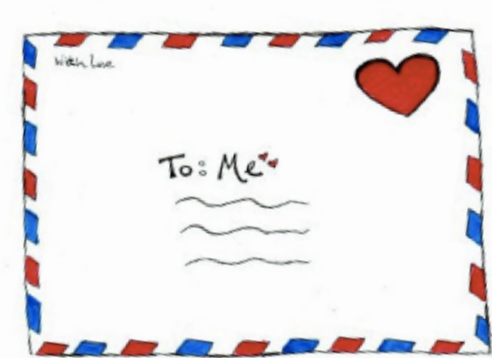
Pen and paper to  
capture thoughts



Art supplies



Building & tinkering  
materials



Letters and other  
mementos



Magazines



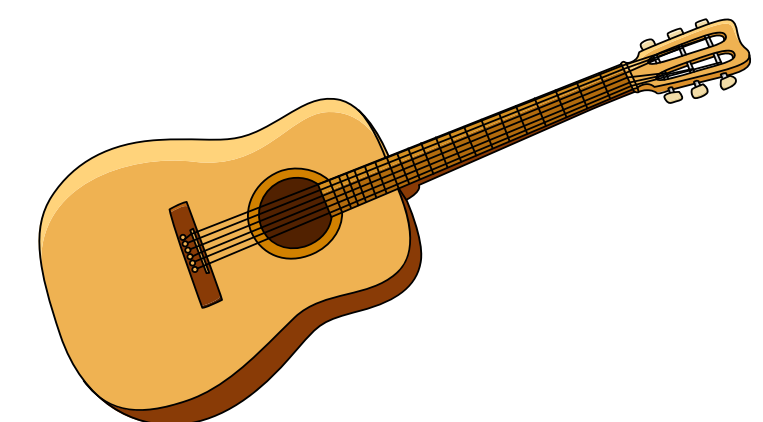
Puzzles, Sudoku, Colouring  
Books, Paint-by-Sticker



Books & printed  
articles



Picture albums



Musical instrument



Self-care items



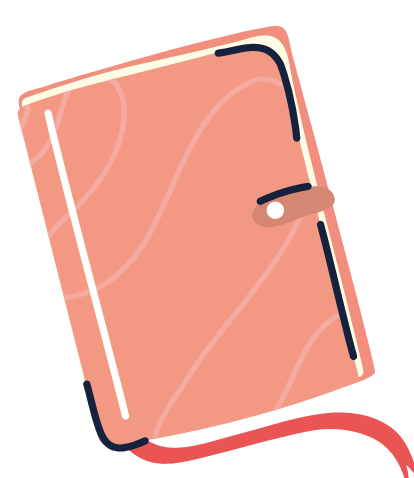
Helpful quotes,  
pictures, lists



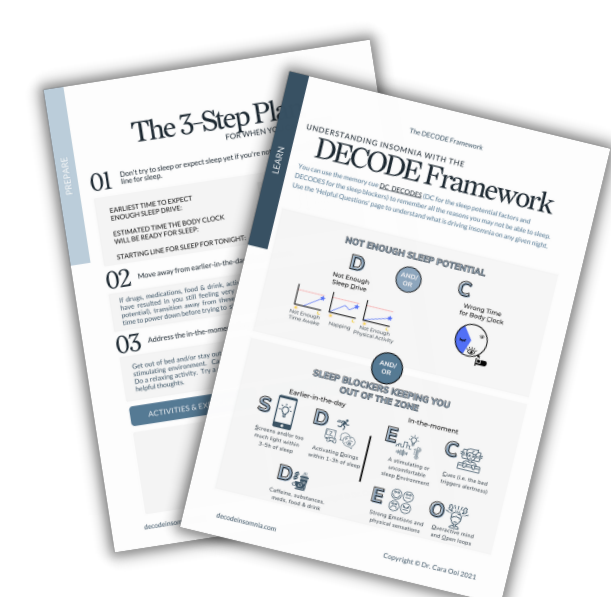
Audio (playlist,  
podcasts, audiobooks)  
set up ahead of time



Items to avoid too  
much light and  
stimulation



Journal prompts



DECODE Cheatsheets



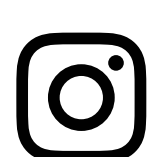
## Action Steps

- ☐ Decide on an area in your room
- ☐ Gather a large box
- ☐ Clear the area by putting everything into the large box
- ☐ Gather any 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 version then use it and improve it.
- ☐ Set a deadline to have everything set up and working for you.

To do

To buy

Deadline





## COMMON

*QUESTIONS*

Why start here? Will it really make a difference?

While you will likely benefit from other sleep strategies (ex. learning how to relax your body and mind, setting up other healthy sleep habits), setting up a Cozy Nook and a Sleep Kit is a great first step because the time commitment isn't huge but the payoff can be enormous. If I were to suggest just one thing to improve your sleep, this would be it. After sleep is on track, I'm often told this step and cutting back on time awake in bed made the biggest difference.

What happens if I skip this step?

It's tempting and very common to rush through or bypass this step but, without another place to go, it's too easy to default back to your bed. It's too hard to consistently stay out of your bed and you miss out on the powerful benefits of retraining yourself to associate your bed with a calm, sleepy state. Often, it's impossible to properly tackle insomnia if you don't address this issue.

What can I expect?

Once you start spending less time awake in bed, you may notice that it's easier to fall asleep, that you wake up less in the middle of the night, and that you obtain a deeper sleep. You may even find your bed makes you feel sleepy. You can sometimes see this change immediately but, typically, it takes time and consistency to see the improvements.



## COMMON

*QUESTIONS***No room for a Cozy Nook?**

Clear out a corner in your closet or keep a second mattress under your bed to pull out when needed.

**Too much clutter?**

Grab a big box, set a timer for 2 minutes, and clear a location for your Cozy Nook by throwing everything into the box. Resist the temptation to sort things. Though a temporary measure, if you clear the location quickly, you'll keep up your momentum to get to the finish line. Go back afterwards when you have time to take care of the items thrown into the box.

**Unable to easily get out of bed?**

If physical limitations make it hard for you to get out of bed, set up the other side of your bed as a distinct area to create a differentiation between where you are in 'sleep mode' vs. in 'awake mode'.

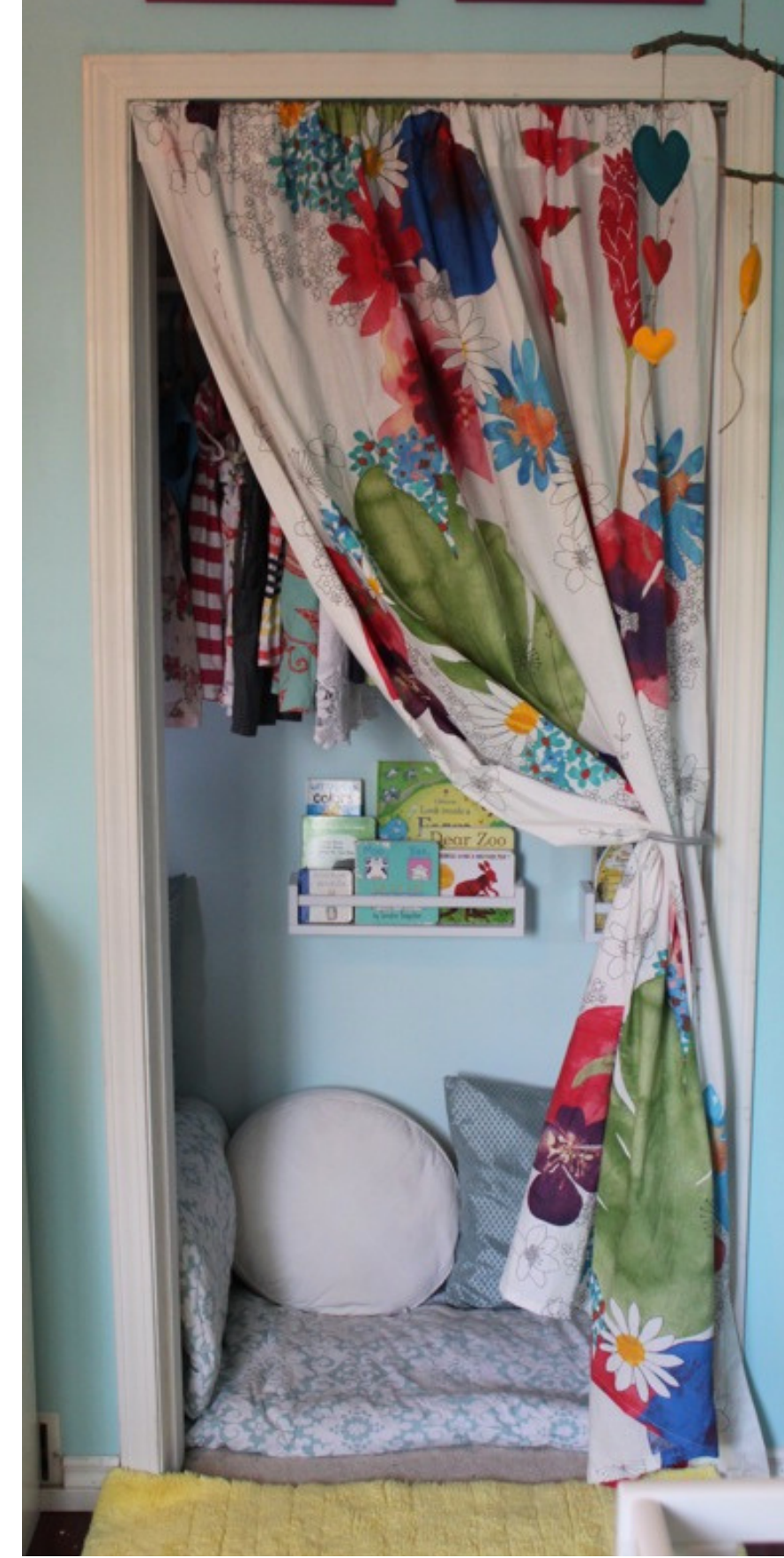
**Set the up the Nook & Kit but not using them?**

If the initial versions of the Nook & Sleep Kit aren't comfortable, appealing, or accessible enough, it's common to abandon this idea of staying out of bed. Think about the first pancake. It takes some troubleshooting to get things right.

Remember to keep making improvements until using the Cozy Nook and Sleep Kit becomes effortless in the moment.



# Using the Cozy Nook & Sleep Kit



## BEFORE GETTING INTO BED FOR THE NIGHT

Do not get into bed until you feel on the edge of sleep. In the meantime, do something else relaxing in your Cozy Nook. Ask yourself "What is the chance out of 10 that I will fall asleep in the next 5 minutes." If 7 or less, stay out of bed.

## 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 you are on the edge of sleep (see criteria above). 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'.