



Dr. K's Guide to Mental Health

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One reason why people have difficulty falling asleep is because of the mental restlessness of experiences that occurred during the day. We'll sometimes have difficulty sleeping because we regret our actions or worry about tomorrow. Most experiences throughout our day are not fully processed – they leave lingering doubts, lingering effects, lingering concerns or even hopes, expectations, or desires.

When we try go to bed at night, our mind is sometimes filled with half-finished thoughts, lingering doubts, or stuff that we've delayed thinking about. So if we look at our mind, it gets "wound up" over the course of the day. If we want to sleep with a wound-up mind, we have to actively unwind it. How do you unwind something that has been wound up? By moving in the opposite direction.

Step 1: Meditative Rewind

- This practice involves going through your day in reverse order and considering emotions that were evoked by the experiences throughout your day
- Start in the present moment
 - Notice what you are doing and what you are feeling
 - "I am lying down in my bed and starting the meditative rewind practice."
- Go through your day in reverse order
 - Remember each action you took and the emotions that were evoked
 - Mark the experience of emotion but don't get caught up in it
 - For example:
 - "Before bed, I brushed my teeth."
 - "Before that, I changed my clothes."
 - "Before that, I emptied a load of laundry."
 - "As I emptied the load of laundry I felt frustrated that I was out of pajamas."
 - "I noticed my exhaustion after a long week."
 - And so on.

Our general goal is to try to do this practice for about 15 to 20 minutes. If you are having trouble sleeping, you can notice more minute things, so that it takes you 30 minutes to go through your day. This practice can be combined with other practices as well – generally speaking it is a good practice to calm the mind for more intense pre-sleep meditation.

Step 2: Counting from 100 to 1

- Count backward from 100
- Don't let your mind wander or think about other things
- Try to count as slowly as possible
- When you feel like you are ready to count down wait a tiny bit longer