

Keep Calm and Sleep On Resource List

Sleep Hygiene & Habits

- [Sleep Hygiene](#)
- [BufferZone Activities](#)

Monitoring Your Sleep

- [Sleep diary](#)

Cognitive Arousal Strategies

- [Constructive Worry Worksheet](#)
- [Unhelpful Thinking Styles](#)

Physiological Strategies

- [Breathing exercises](#)

Books

- Sink into Sleep. A Step-by-Step Workbook for Reversing Insomnia
- Quiet your Mind and Get to Sleep: Solutions to Insomnia for those with Depression, Anxiety or Chronic Pain
- The Insomnia Workbook
- Good night mind

Online Resources

- <https://mysleepwell.ca/>
- <https://sinkintosleep.com/>
- <https://sleeponitcanada.ca/>
- <https://www.deprescribingnetwork.ca/>

Apps you might be interested in trying:

- [CBTi Coach](#)
- [Calm](#)
- [Simple Habit](#)
- [Headspace](#)
- [Stop, breathe, and think](#)
- Helpful Website: <https://www.freemindfulness.org/download>

