



SLEEP WELL

Overcoming prescription
drug dependence

Progressive muscle relaxation, also known as deep muscle relaxation, helps you unwind.

1. Raise your eyebrows as high as possible for 5 seconds. This will tighten your forehead muscles.

2. Relax your muscles immediately and feel the tension drop. Wait 10 seconds.

3. Smile widely to create tension in your cheeks. Hold for 5 seconds. Relax.

4. Pause 10 seconds.

5. Squint with your eyes shut. Hold 5 seconds. Relax.

6. Pause 10 seconds.

7. Tilt your head slightly back so you're comfortably looking at the ceiling. Hold 5 seconds. Relax as your neck sinks back into the pillow.

8. Pause 10 seconds.

9. Keep moving down the rest of the body, from your triceps to chest, thighs to feet.

10. Let yourself fall asleep, even if you don't finish tensing and relaxing the rest of your body.

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