

TASK TIME: 2 MINUTES

Exercise: If you are having trouble sleeping, particularly after a day where you've just encountered a stressful problem, go to MyStressTools and start "How to Get a Goodnight's Sleep"

How to Get a Good Night's Sleep

[Watch Now!](#)



Sleep On It

Sometimes, the best way to solve a problem is to stop thinking about it. This approach is particularly helpful for issues that arise late in the day and can wait until morning for resolution. When a problem comes up at work, try not to bring it home with you. Instead, unwind, enjoy your evening, and focus on getting a good night's sleep. While you sleep, your brain processes the events and information from the day, and often by morning, a fresh solution will present itself that you hadn't considered before.

Distance from your problems is key to effective problem-solving. You'll perform better when you're not staring the issue in the face. If you're a morning person, tackle difficult tasks early in the day when your mind is fresh. If you're more productive at night, approach problems after engaging in activities like exercise or something else that clears your mind. Dr. Mort Orman, MD, who inspired this stress-management technique, says, "Everybody in life has problems, and that's what we really mean when we say we have stress. Some people, however, know how to deal with their problems better than others, and those are the people who don't show up in my office for help with stress."