

## What's Up? Why Are You Still Awake?

It's three in the morning and you are still awake. What's up with your mind that you can't relax and get some much-needed shuteye?

### Identify the Problem.

You are awake and know you should be sleeping. The obvious answer may be the hardest to get past. To make matters worse, you have something pressing to accomplish in the morning and need to be at your best. But, here you lay awake in bed.

### There are Steps You Should Take Before You Attempt to Sleep.

Three days ago, your boss gave you the assignment to be ready to give a presentation on Friday. You had the materials done months ago, your only task was to write down what you would say during your part in the exhibition. You sat for hours staring at your computer screen. The words you wrote were okay, you didn't think it would be a horrible presentation, yet you check and re-check the speech.

### Problem: Your self-doubt and anxiety.

You are the correct person for this job. You were hired because you had the knowledge and experience to complete tasks set before you on time, and efficiently. You know you are more than capable of doing the work, and that it is not beyond you to accomplish, and complete this job. Stop self-doubting your abilities. Easier said than done? Fine. Then let's review...

- You were the one hired for this job.
- Your boss knows the work you are capable of completing.
- You have the knowledge and the experience in completing this task.
- Your boss knows you will do a good job presenting, or the boss would not have asked.

Do not allow yourself to continue to criticize yourself and your abilities. Not everyone can deliver a presentation. If they all were able to do so, someone else could have stepped into the challenge. Your boss asked you. This boss believes in your ability, you should, too.

### Problem: You had a cocktail after dinner.

When you are preparing to give a presentation, or any event where you must be at the top of your game, you shouldn't drink alcohol or caffeine. The [American Sleep Association](#) has determined to have one drink before sleeping results in Alpha Brain wave activity. The Alpha

brain waves happen when a person is awake. These brain waves are in metabolic break mode, awake, but in the resting phase. They are keeping your mind active. There should only be Delta waves during sleep, the regeneration and restorative phase. Caffeine is a stimulant and should be avoided, along with nicotine and sugary sodas.

**Solution: You Exercised Today.**

You went to the Gym today. That is a significant activity any day, but especially on days when getting a good night's sleep is essential. Exercise uses your excess energy stores and makes your body look forward to resting. People who exert energy during strenuous exercise tend to sleep soundly and for more restorative healing powers. It results in better alertness and feeling like you are on top of your circumstances.

**Solution: You had Sex.**

As with exercise, sex, where orgasm has achieved its purpose, is relaxing at night, but energizing in the morning. The exertion and release of endorphins will bring a sense of calmness and lull you into a deep sleep.

**Solution: You Prayed.**

Studies have shown that people who have faith in an almighty power greater than themselves, when in meditative prayer or while practicing yoga, will relax and release the tight hold they have on their consciousness and sleep. Having faith to lean on, when there are matters that trouble the mind, will find solace and comfort that they are not handling the troubles alone.

**The Best Scenario Could Be...**

You went to the gym today. You went to your job and ate a good dinner. You had satisfying sex and didn't drink afterward. You fell into a deep relaxing sleep and awoke ready to meet that presentation head-on. You delivered a terrific speech and impressed your boss. Very good! Now is the time to celebrate.