



You are not alone
in this.



Grief & Loss Series 
REAL PEOPLE. REAL FEELINGS.
A KINDER TOMORROW.

When Grief Keeps You Awake

Sleep can get harder after a loss. That does not mean you are doing grief wrong.



DIFFERENT DAYS. THE SAME LOVE.

Why sleep gets harder

GRIEF CAN AFFECT YOUR MIND,
BODY AND DAILY RHYTHMS.

- Your mind has fewer distractions at night
- Your body may stay on alert
- Routines may have changed
- Memories can feel louder in the dark
- Loneliness can feel stronger at bedtime

It makes sense.



What nights can feel like

EVERYONE'S EXPERIENCE IS DIFFERENT.
YOU MIGHT NOTICE:

- Trouble falling asleep
- Waking in the night
- Early morning waking
- Vivid dreams
- Restless body
- Racing thoughts

*It's okay
if nights
feel hard
right now.*



What may help

SMALL STEPS CAN MAKE A DIFFERENCE.

- Keep a simple wind-down routine
- Use low light and reduce screens
- Write thoughts down before bed
- If you cannot sleep, get up briefly and do something calming
- Try a steady wake-up time
- Get daylight and gentle movement during the day
- Accept that rest still counts even if sleep is patchy.



Be gentle with yourself

Grief and sleep affect each other.
A rough night does not mean you are failing. Your body may need steadiness, comfort, and time.

*You are
doing your best.
And that
is enough.*



When to reach out

ADDITIONAL SUPPORT MAY BE HELPFUL:

- If sleep problems are lasting
- If exhaustion is affecting daily life
- If nights feel unbearable or unsafe



*You don't
have to face
this alone.*



Want to know more?

Visit leanneatkinson.ca

Hope still belongs here.



SUPPORT • UNDERSTANDING • A KINDER TOMORROW

