

# PTSD: Sleep Problems

## I. Falling Asleep

- A. A continued state of hyperarousal or watchfulness is usually present.
- B. "On-off switch won't work: Thinking won't stop. Most of the time it's about fear, worry and guilt.
- C. Proprioception issues: when one closes their eyes they don't know where they are.

## II. Staying Asleep

- A. Charlie horses and back pain upon relaxing the muscles
- B. Alcohol used to induce sleep wears off in middle of night
- C. Nightmares
- D. Night Terrors
- E. Thrashing/physical movements, even sleep walking (proprioception issues)
- F. Panic Attacks
  - 1. Heart rapidly beating, maybe even skipping a beat
  - 2. Feeling lightheaded
  - 3. Sweating
  - 4. Feeling terrified
  - 5. Afraid death is imminent
  - 6. Afraid you're going crazy
  - 7. Afraid you're out of control
- G. Sound and smell sensitivity

## III. Natural Sleep Remedies

- A. Juiced Celery
- B. Chamomile or Sleepy Time Tea
- C. Avoidance of caffeinated beverages
- D. Avoidance of scary, violent or intense programs or books
- E. Lavender Oil diffuser or lavender oil on pillow or forehead and temples
- F. Peacemaker massage
- G. Spiritual reading, prayer, and meditation
- H. Prayer map or treasure map viewing
- I. If one must have noise, let it be peaceful.