

# Sleep Problems Following a Traumatic Event

After experiencing a traumatic event it is normal for children, teens and adults to have sleep problems. The result can be insomnia, bad dreams, and daytime fatigue. If individuals experienced issues with sleep before the event those may become exaggerated. The following tips can be helpful for returning to normal sleep patterns. If issues continue longer than 4-6 weeks you may want to seek outside help from a professional.

## Common Problems:

- Experiencing bad dreams/nightmares that cause waking and prevent falling back asleep.
- Fear of being alone or falling asleep due to anxiety and flashbacks.
- Trouble falling asleep due to overstimulation and/or feeling the need to be highly alert.

## Tips & Coping:

- Keep sleep routines the same.
- Reduce stimulation before bedtime (TV, video games, exercise, etc).
- Use calming activities such as a warm bath or deep breathing exercises.
- Try not to take naps during the day.
- Only use a bed for sleep.
- Exercise during the day, but not within an hour of bed time.
- Eat protein 2 hours before bedtime.
- Use lavender as a soothing scent.
- Use a white noise/sleep machine (apps can be downloaded to smart phones as well)
- Adjust bedroom temperature to be comfortable for the sleeper. Typical recommendation is to keep the room between 65 and 72 degrees.
- Do a writing activity (journaling) in the afternoon or early evening to help express disruptive thoughts.
- Have a glass of water before bed and/or at the bedside all night.

## Our Mission

Our mission is to strengthen individual, family and community wellness by providing exceptional, compassionate, inclusive, responsive and integrated behavioral health care.

## Our Services

Counseling — Individual, Group, Family  
Psychiatry  
Case Management  
Intensive In-Home Therapy  
Substance Abuse Treatment  
Criminal Justice Services  
Victim Services  
Bridge House Acute Treatment Unit  
Vocational & Social Rehabilitation  
School-Based Services  
Integrated Healthcare Services  
Pharmacy  
Speakers Bureau  
Education & Wellness Programs

## Contact Info

**Information & Admissions**  
**303 730 8858**

**Mental Health Crisis &  
Emergency Intervention**  
**303 730 3303**