

Visualize Your Way to Sleep

If you have trouble falling asleep, it may be because racing thoughts tell your brain that it's time to problem solve instead of rest. Research shows that visualization (forming mental images) can interrupt this process and ease your mind, allowing you to fall and stay asleep. Use the following Restful Sleep Tool to visualize your way to a better night's sleep.

Step 1

Make yourself comfortable in bed.

Take a few deep breaths and try to get in a relaxed state.

Step 2

Choose a word with five or more unique letters.

Choose an emotionally neutral word. Avoid words with repeating letters.

Example: Dream, Night, Snore

Step 3

Begin to spell out your word.

As you spell the word, think of several additional words that start with each letter. Pause to visualize each item or action before moving on to the next.

Example:

D: Dog, Dance, Dessert

R: River, Rabbit, Ring

E: Eagle, Egg, Eyes

A: Apple, Art, Alpaca

M: Mango, Moon, Maze

Step 4

Continue to visualize each letter.

If you make it to the end of the word before falling asleep, choose another word and repeat the exercise.

Tip

Remember, the goal isn't perfection—it's easing your mind. If the process feels stressful at any point, try to accept it and move on to the next word or letter. As you continue working through the exercise, the stress will likely pass.

Additional guidance and support

[Activate your Spring Health account](#) to explore your mental health benefits or speak with a Care Navigator about your needs.