

I can't stop my mind when I try to go to sleep. Is it true that exercise will help?

February 15, 2016



Answered by:
Valerie Wojciechowicz
Wellness Expert
4HIVHelp.com

Increasing your activity level often leads to improved sleep. However, some people report increased energy from exercising at night. If you feel those effects, get the majority of your exercise during the day or choose activities like yoga or tai-chi.

Implement a “technology blackout” 30 minutes before bed. Instead, try meditation, focused breathing or soothing music. Many apps and websites offer free guided meditations and relaxing music. The “Relax Melodies” app allows you to pair different soothing sounds for relaxation.

Journaling can be quite effective. It helps to get the thoughts out of your head and the physical act of putting them on paper can be freeing.

Count sheep. Yes, it actually works by occupying your mind with the methodical act of visualizing and counting the sheep instead of the swirling thoughts that keep you up.

If this problem persists, please speak with your physician.
