

How to Stop Overthinking At Night

Stopping overthinking at night isn't quick or easy, but there are a few things you can do. First, get the basics of your sleep hygiene right. Second, tackle overthinking directly by addressing worries about the past and the future.



How to Stop Overthinking

- 1. Improve your sleep hygiene.** Get to bed on time and avoid caffeine, alcohol, and evening screen time.
- 2. Keep a worry journal.** Writing your worries down can give you a sense of control over them.
- 3. Keep a bedside to-do list.** To take it a step further, write down what you'll do about your future anxieties, so you can put your mind at ease.
- 4. Take action.** Take meaningful action to address the source of your overthinking.
- 5. Practice mindfulness.** Practicing mindfulness and meditation during the day can help reduce anxiety at night.

Causes

Common factors that may lead to overthinking at night include:

- **Information overload before sleep.** Have you ever tried to get to sleep after reading disturbing news? Information overload makes our brains overactive.
- **Caffeine and recreational drugs.** Chemical overstimulation is another way to get your mind racing. Watch out for caffeine, alcohol, and recreational drugs before sleeping.
- **Lack of movement during the day.** Do you ever feel that your body just "wants to move" when you're trying to sleep? If you're not moving enough during the day, your body may struggle to relax and keep your mind awake.