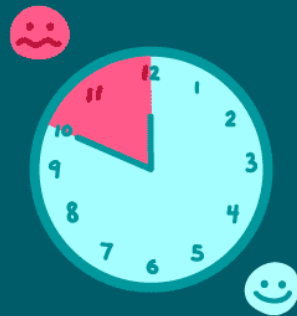


Tips to Reduce Racing Thoughts at Night



Take time to identify your stressors



Break stressful projects into manageable chunks



Spend at least 30 minutes decompressing before bed



Avoid using your cell phone and other electronics before bed



Try relaxation techniques like guided imagery and breathing exercises