
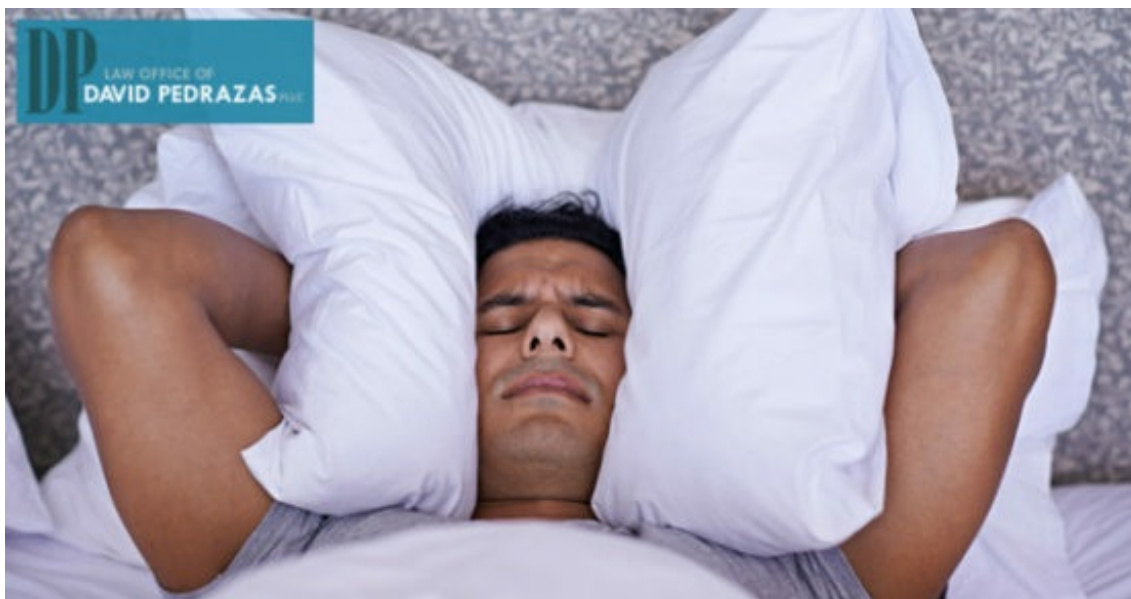


Is Divorce Anxiety Interrupting Your Sleep? 6 Tips for Avoiding the Midnight Worries

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Even the most amicable divorce carries with it a heavy emotional toll. Anxiety-laden questions can start a worry cycle that doesn't just turn off at bedtime. Just remember that even in Utah, the state with the lowest divorce rate in the country at 15.97 percent, ***you are not alone***. There's no such thing as a perfect marriage, and sometimes, differences are irreconcilable. When that happens, ***you need divorce attorney in Salt Lake City and the peace of mind to get a good night's rest***. Here are a few tips to help along the way.

1. Put the Worries to Bed Before You Lay Down

Stop looking at your phone, checking messages or watching the news at least ***two hours*** before bedtime. Not only can the blue light wake you up when you're trying to sleep, the ***open communication and information on the news can keep you focused on negative thinking***. Let those last two hours be all about you and relaxing before bed.

2. Verbalize Your Worries, Then Let Them Go

If you have trouble setting aside your fears, it's better to get them out. Spend a few moments with a journal, putting down all of your fears on paper. ***This can help you work through the worry and set it aside for the day***.

3. Leave the Nightmares in Bed

Anxiety can lead to nightmares, but they aren't real. ***Nightmares are just one way for your subconscious to help process your fears***. They are not predictions of the future. If you wake up from a nightmare and are having trouble getting past it, ***remind yourself it isn't real and that you are safe***.

4. Don't Run on Short Sleep

Ironing out a separation is tough enough to do when you are well rested and focused on the issues. It's even harder when you roll sleep deprivation into the mix. ***Sleep deprivation can lead to more anxiety and can leave you less clear headed when handling thorny problems.*** If you're having trouble sleeping, make sure you allow a little extra down time. The closer you get to 8 hours of sleep, the better.

5. Confront Rational Fears with Facts

It's okay to be scared and worried about the outcome of a divorce. It's a major change in your life and could lead to even more changes in the future. When you have concerns, contact your Utah divorce lawyer for answers. ***While no one can guarantee an outcome, your lawyer can tell you what to expect and the most likely steps you'll face during the divorce.*** ***The more you know, the less you'll fear the unknown.***

6. Practice a Little Meditation

Some deep breathing exercises and focused concentration on something other than your worries can help put you in a better frame of mind for sleep. You might ***start with a long bath or self-care activity to get in the right mood.***

Protect Your Rights by Having a Utah Divorce Attorney by Your Side

If anxiety about your upcoming divorce is keeping you up at night in SLC, **contact the Law Office of David Pedrazas** for a ***free case evaluation.*** Attorney David Pedrazas has been recognized as one of the best divorce lawyers in the state of Utah and can help you put those worries to bed.