# Article information:

Can’t Sleep? 8 Techniques You Can Do  
<https://www.sleepfoundation.org/insomnia/treatment/what-do-when-you-cant-sleep>

# Article summary:

1. The article provides 8 techniques to help you fall asleep when you can't sleep, including controlled breathing, body scan meditation, progressive muscle relaxation, imagery, the military method, Dr. Andrew Weil's 4-7-8 breathing, playing a word game, and autogenic training.

2. These techniques aim to calm the mind and promote relaxation to facilitate better sleep.

3. Practicing good sleep hygiene is also recommended to support healthy sleep habits and maximize the effectiveness of these relaxation techniques.

# Article rating:

Appears moderately imbalanced: The article provides some useful information, but is missing several important points or pieces of evidence that would be required to present the discussed topics in a balanced and reliable way. You are encouraged to seek a more balanced perspective on the presented issues by exploring the provided research topics and looking at different information sources.

# Article analysis:

The article titled "Can't Sleep? 8 Techniques You Can Do" provides information and techniques to help individuals who are struggling with insomnia. However, there are several potential biases and issues with the content that should be considered.

Firstly, it is important to note that the article includes affiliate links and mentions that products or services may be offered by an affiliated entity. This raises concerns about potential bias in the recommendations provided, as the article may be influenced by financial incentives.

Additionally, the article does not provide a balanced view of different treatment options for insomnia. It primarily focuses on relaxation techniques and does not mention other evidence-based treatments such as cognitive-behavioral therapy for insomnia (CBT-I) or medication options. This one-sided reporting limits the reader's understanding of all available treatment options.

Furthermore, some of the claims made in the article are unsupported or lack evidence. For example, it states that playing a word game can help relax and make you feel sleepy without providing any scientific evidence to support this claim. The article would benefit from including references or studies to support its claims.

There is also a lack of discussion about potential risks or limitations of the techniques mentioned. For instance, while relaxation techniques can be helpful for many people, they may not be effective for everyone and should not replace professional medical advice or treatment for underlying sleep disorders.

Moreover, the article includes promotional content by mentioning specific individuals or methods without providing a comprehensive overview of all available options. For example, it highlights Dr. Andrew Weil's 4-7-8 breathing technique without discussing other breathing exercises that may also be beneficial.

Overall, while the article provides some useful information on relaxation techniques for sleep difficulties, it has several biases and limitations that should be taken into consideration. Readers should consult with healthcare professionals for personalized advice and explore a range of evidence-based treatments for insomnia.

# Topics for further research:

* Evidence-based treatments for insomnia
* Cognitive-behavioral therapy for insomnia (CBT-I)
* Medication options for insomnia
* Risks and limitations of relaxation techniques for sleep difficulties
* Other breathing exercises for better sleep
* Comprehensive overview of treatment options for insomnia

# Report location:

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