

## **Cognitive Shuffling**

Take the word - BREATH

- 1. Start with the letter B**
- 2. Visualize a word that starts with that letter.** *It should be something you can picture and should be emotionally neutral (no Bombs or Babies crying)*
- 3. Continue thinking of new words that start with that letter.** *So, if you chose balloon, you might then picture a brick, a bike, a baboon. Instead of speeding through a list of words, pause and picture each one.*
- 4. When you get bored with your letter, move on to the next.** *Don't get creative and make up stories about any of the words.*
- 5. Keep going until...zzz.** *Some people nod off within the first few minutes; others may take as long as 15 or 20.*

Dr Beaudoin has also helped create an app, 'My Sleep Button', speaks random words for you—because sometimes even conjuring up a rabbit, a crayon, or a cabbage can be challenging in the wee hours of the night.

Watch the YouTube film?

<https://youtu.be/xh6mcZpmWh4>