



NEWS RELEASE

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CONTACT

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Sleep expert Diane Gillespie to share strategies at Everett Public Library

Free program to offer proven and practical solutions to combat sleeplessness

EVERETT, WA – Sleeplessness is one of the most common and debilitating conditions that Americans face today. Medications can be helpful, but also bring problems of their own.

Educational psychologist Diane Gillespie, author of "Stories for Getting Back to Sleep," crafts scenarios designed to help people fall asleep, particularly after having wakened in the middle of the night. Gillespie will share sleep strategies in a free program at 2p.m. on Saturday, March 2, at the Everett Public Library, 2702 Hoyt Avenue in Everett.

Gillespie relies on principles of cognitive behavior therapy to create effective stories set in relaxing places conducive to sleep: cozy mountain cabins, luxurious spas, a tropical beach, an overstuffed chair in a Victorian bed and breakfast. In each story, the character secures her surroundings, then, through the process of attending to peaceful details in the setting, she relaxes her body, lets worries float away and sinks deeper and deeper into stillness, until she is sound asleep. Troubled sleepers are encouraged to remember the sequence of events so that in darkness they can crawl back into bed, pull up their covers, imagine themselves in the stories, and go back to sleep.

For further information, please call 425-257-8000 or visit <http://www.epls.org/>.

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