

Skin Picking Disorder & Sleep Management Tips



★ Prep

- Sip a warm cup of tea to warm fingers and mindfully be with them right before settling down
- Put on silk pajamas to prevent rough skin from snagging
- Try a relaxing soda water like @takearecess that contains magnesium which helps unwind
- Spray your pillows with Deep Sleep Lavender Pillow Spray to relax
- Dry brush flare-up-free skin areas
- Journal for 5 mins what's on your mind to rest easier



★ Alter Environment

- Dim room lights with a Salt lamp for an amber, cleansing glow
- Quiet sound with a noise machine
- Switch lightbulbs to app operated color-changing bulbs to give your room mood appropriate glows
- Opt for white bedsheets to challenge yourself to not stain them with blood
- Select dark, patterned bed sheets when trigger spots flare up and bleeding is likely
- Try blackout shades or plush curtains to block out light



★ Wear Blockers

- Prevent scalp picking with a beanie, silk headscarf, terry cloth headband, shower cap or ear muffs
- Change into tight, long clothing to wear as blockers like leggings and a turtleneck
- Wear cotton gloves with an occlusive like @aquaphor inside and scrunchies around your wrists to help keep the gloves on
- Tuck your pajama bottoms into ankle socks to keep legs covered
- Situate an eye mask to block eye brow picking and add darkness
- Cover sores with circular bandages that have adhesive 360 degrees and don't allow fingers to sneak under



★ Strategies

- Lay under a weighted blanket to help keep still
- Sleep in soft, noise canceling headphones
- Tighten up your hoodie on your head and snuggle into it, if your scalp is your trigger
- Use a small weighted blanket over your hands once you get into position to help them stay still
- Slide into silicone gel socks or slippers, especially helpful as blockers if your a foot picker
- Play the Calm app, a story telling or mediation app timed for a set duration

★ Waking Up Picking

- Realize where your hands are, then put your hands back down and don't get upset you were sleep scanning
- Grab an ice roller and ice the the spot you were picking
- Use the occlusive, moisturizer, or blocker kept on your nightstand
- Make bathroom use hard by partially blocking the entry way with furniture
- Wear carpal tunnel sleep wrist guard to keep hands still and fingers from picking
- Adjust your alarm to compensate for time lost picking if possible



★ Morning Help

- Rise to an alarm that gradually gets louder, gently waking you
- Smell peppermint essential oil to refresh yourself
- Open blinds or curtains to let light in
- Switch bulbs to white or blue white lights
- Check for bloodstains on sheets and pjs and don't beat yourself up for it happening
- Cover any bandaids that came off