

Easy Way to Cognitive Shuffling

Probably you already know what Cognitive Shuffling is. As a recap, in simple terms it is to think about unrelated things such as white cat, tall mountain etc. You may find this useful if you want to sleep instead of night time overthinking, mind racing, insomnia etc.

You may do it like: Choose a word (Example River) > Imagine words which start with the first letter (R) > Then go to the second letter... like this.

But this may be relatively tough for you. Instead you may take easier way: Guided Cognitive Shuffling.

Instead of the previous technique, you may simply use [a guided cognitive shuffling app](#). You may press the start button there and imagine the words or sentences you see. After watching for minutes, your eyes may get a bit tired. If eyes feel heavy, don't resist - go to sleep.