Unhelpful thoughts about sleep

What you believe about sleep can keep you awake.

Name _____ Date _____

Worrying about sleep raises the alarm level in your body, which is the opposite of what sleep needs. Many of the things we tell ourselves about sleep are not accurate.

The thought	A more accurate view
"I need eight hours or I cannot function."	Need varies. Most people cope better than they expect after a short night, and the body compensates with deeper sleep.
"If I do not sleep tonight, tomorrow is ruined."	Tomorrow may be harder. It will not be ruined. I have managed on poor sleep before.
"I have lost the ability to sleep."	Sleep is automatic. It can be disrupted and it cannot be lost.
"I should stay in bed and try harder."	Trying keeps me awake. Getting up until I am sleepy works better.
"Lying there resting is nearly as good."	Long stretches awake in bed teach my brain that bed is for being awake.
"Poor sleep is wrecking my health."	Worry about sleep is a bigger problem for me right now than the sleep itself, and it can be treated.

The thought about sleep that bothers me most

How much do I believe it?

0 — 10 — 20 — 30 — 40 — 50 — 60 — 70 — 80 — 90 — 100

Not at all — Completely

Evidence for it

Evidence against it

Including days I coped better than I expected

A more accurate and calmer version

How might I act differently at night, and during the day, if I believed that?

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