

WORKSHEET 14.1: Your Sleep Wellness Plan

Healthy Habits to Continue. These are some of the things I want to continue to do to support restorative sleep and a positive relationship with sleep (for example, maintain a consistent wake time, practice mindfulness):

When to Take Precautions. Things that may *trigger* disrupted sleep in the future include (for example, work stress, relationship stress, travel, physical illness):

Preventive Steps. If any of these triggers are present, I can do these things to make myself less vulnerable to a sleep disruption (for example, have a more regular sleep schedule, decrease caffeine, prioritize my nightly bedtime routine/buffer):

If I have a **LAPSE** (a temporary sleep disruption)...

...I may have these thoughts that could start an insomnia spiral:	I want to respond with these more helpful thoughts :

...I may be tempted to engage in these compensatory behaviors :	I can instead choose these more effective behaviors :

If I have a **RELAPSE** (longer-term sleep disruption), these are the action steps I will take (for example, stimulus control, decrease struggle/increase acceptance, set designated worry time, make a new treatment plan):

- 1.
 - 2.
 - 3.
 - 4.
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