

Talkspace Sleep Therapy

WORKSHEET

Insomnia Exercise | Sleep Restriction Therapy Plan

Write your answers and review them:

What strategies will you use to stay awake until your bedtime?

What strategies will you use to help you get up at your wake time?

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What activities will you be able to do in the extra time you're not in bed?

What might you have to give up to stick with your plan?

What changes could bring the most discomfort?

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What reasons do you have for why you are willing to make these changes?