

Talkspace Sleep Therapy

WORKSHEET

FAQ | Sleep progress

I met or am very close to meeting my goal.

Great! But don't stop there, the next section will give some helpful ideas about how to maintain your gains.

I have made consistent progress and I'm still moving in the right direction.

Continue with your program. Don't stop simply because you met an arbitrary length of time. If it's working, stick with it until you hit your goals. You may also consider adding another strategy to enhance the gains you made already. But remember, it is better to use one strategy fully, than to use two strategies that have been watered down to accommodate each other.

I made some progress but then started to plateau.

Continue with your current program (since you made some progress), but recommit to it more fully if you aren't already. In addition, it may be more important for you to incorporate an additional strategy. But remember, it is better to use one strategy fully, than to use two strategies that have been watered down to accommodate each other.

I have made little to no progress.

Best to try something new. If you haven't really been committing to your program, then something new could be recommitting to the plan you had in place! Something new can also mean switching to a different behavioral strategy and/or incorporating more or different cognitive strategies.

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I think I'm done. I've done everything I can and nothing has helped.

It may be worth seeking the help of a board certified sleep professional or doing more extensive face-to-face CBT-I. You may need a sleep study to help figure out your challenge or there may be something in addition to the insomnia that is blocking your progress.