

Talkspace Sleep Therapy

WORKSHEET

Insomnia exercise | Sleep effort

How do you struggle with sleep?

What thoughts do you have when you can't sleep?

What behaviors do you do?

- ☐ Toss and turn in bed?
- ☐ Give up on sleep by getting up and being active?
- ☐ Make choices you later regret (like increasing caffeine after a sleepless night, skipping exercise, or taking naps)?
- ☐ Other _____