

Talkspace Sleep Therapy

WORKSHEET

Insomnia exercise | Planning ahead for mindfulness and defusion

My goal is to practice ____ times a week, for at least _____ minutes.

I'll prepare by:

- ☐ Identifying a place to practice ahead of time
- ☐ Finding apps or mp3s or guided exercises to help me
- ☐ Discussing possibilities and resources with my therapist

How I'll remember my scheduled practice time: