

Talkspace Sleep Therapy

WORKSHEET

Insomnia exercise | How did you get stuck?

Which of the following are true of you?

Risk Factors

Always been a poor sleeper	Always been a “light” sleeper	Worry a lot
Have chronic pain or discomfort	Depression	Anxiety
Hormonal fluctuations	“Type A” personality	High energy and intensity
High need for control	A body that wakes up quickly	A mind that is hard to quiet

Life Events

Birth of a child	Death of a loved one	Increase in daily stress
Job promotion	Job loss	Moved
Financial hardship	Financial windfall	High conflict with someone
Health concerns/problems	Onset of menopause	Start or end of a relationship

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Maintainers

Catch up on sleep by sleeping in on weekends	Avoid scheduling morning activities for fear I won't feel up to them
Nap	Take sleep medications
Watch the clock at night and grow concerned as time passes	Avoid scheduling evening activities for fear it will interfere with sleep
Spend more time in bed	Watch television or play video games when I can't sleep
Skip exercise the day after a poor night's sleep	Eat in middle of the night
Drink alcohol to sleep	Increase caffeine/stimulant intake
Cancel activities when I have not slept well	