

Talkspace Sleep Therapy

WORKSHEET

Insomnia exercise | Create your designated worry time

When I am in bed awake my mind tends to:

- ☐ Worry (thinking of concerns for the future)
- ☐ Reminisce (thinking fondly about the past)
- ☐ Problem-solve (thinking of problems and generating solutions)
- ☐ Plans (creates to-do lists; mentally packs for trips; prepares for upcoming presentations)
- ☐ Fantasizes (thinks of desired scenarios)
- ☐ Races (many different thoughts coming and going quickly)
- ☐ Ruminates (thinks about bad things that happened in the past)
- ☐ Other _____

My designated time is: _____

And it will last _____ minutes

How I'll remember my time:

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How I'll get out of my head when the time is up:

- ☐ Set a timer
- ☐ 3 Mindful breaths
- ☐ Break for lunch/dinner
- ☐ A pre-planned activity (walk the dog, make a phone call, yard work, etc)
- ☐ Other _____

What I will do when I find myself thinking this way outside of my scheduled time:

Why I am willing to try this strategy for at least one week: