

Journal For Sleep

Managing Sleep and Fatigue Thoughts



Whenever you have an uncomfortable, unhelpful or difficult thought about sleep or fatigue, try completing a worksheet to unpack how the mind is interpreting what is happening.

1. Notice what happened?

(Briefly describe the situation that triggered the thought.)

2. A description of how I feel.

(Choose a word for the emotion and rate intensity 0—100%.)

3. The thought that went through my mind.

(List any distressing thoughts/images. Circle the stand out thought/image.)

4. What do I believe that makes this thought true?

(Write any factual evidence supporting it.)

5. What do I believe that might make this thought not true, or not entirely true?

(Can I look at this thought from another angle. Have there been exceptions?)

6. Is there a more balanced or gentler thought that I can hold?

(One that fits all the evidence — not just the worst parts.)

7. Notice my emotion, have there been any changes?

(Re-rate intensity of the emotion. Notice the difference.)
