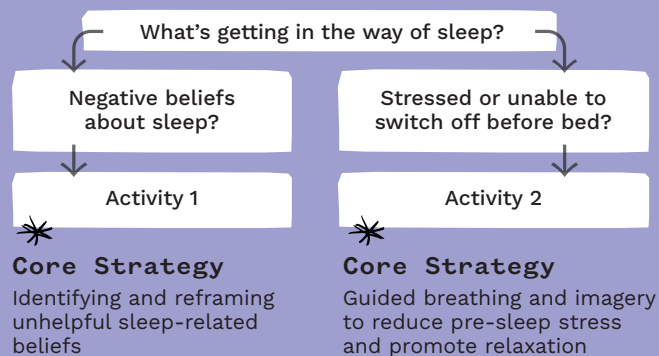


Sleep

Break the cycle
of worry and
poor sleep



Choosing the right activity



Activity 1

Analogue activity: challenging negative thoughts

This activity is for recurring, unhelpful beliefs about sleep (e.g., “If I don’t sleep, tomorrow will be a disaster.”)

Action

Help the young person reframe their sleep-related beliefs using the 3-step sleep thought flip

1

— Spot the thought
“What’s making you feel frustrated or stressed at bedtime?”

2

— Challenge the thought
“What evidence supports or contradicts it?”

3

— Flip the thought
“What would you say to a friend? How might you feel about this in a week?”



Supporting prompts

“Has this been true every time?”

“If you were texting a friend with this worry, what would you say?”



MOST companion activity: Challenging negative thoughts

How it helps:

- Presented as a comic-style graphic
- Supports visual and reflective learning styles
- Breaks the reframing process into simple, engaging steps

Suggest to...

Click ‘Suggest to...’ inside MOST to recommend the activity to a young person

Where to find it



Click here for: [Under 15](#) | [15+](#) or

Click Explore in the navigation menu

- Scroll to ‘Clinician’s Corner’
- Click ‘Challenging negative thoughts’

Reflect

“Has looking at your worries from a different perspective made them feel more manageable at bedtime?”

Why comics work

Our evidence-based, youth-focused comics are centred on graphic-medicine principles:

Visual learning: Comics simplify complex emotions and concepts through imagery.

Ease of understanding: Visual storytelling makes therapeutic ideas more accessible.

Sleep

Break the cycle of worry and poor sleep



Activity 2

This activity is for pre-bed stress, mental overactivity, or difficulty switching off (e.g., racing thoughts, tension, or rumination before sleep)

What it is:

A 3-minute guided audio combining deep breathing and imagery to support relaxation and positive sleep associations.

What it includes:



Peaceful sensory imagery and soothing narration



Transcript available to reduce clinician prep



Designed to redirect attention and reduce bedtime frustration

How it helps:

- Supports accessibility and self-paced practice
- Ideal for repeated use, encouraging nightly or situational listening
- Can be added to the young person's Toolkit for ongoing support

Supporting prompts

"Let's try something to help your mind and body wind down."

"You don't have to switch off your thoughts—just let this guide take the lead for a few minutes."

Common pitfalls

Expecting instant results

Young people may feel discouraged if relaxation doesn't work immediately.

Try this instead: Encourage brief, regular practice and self-compassion. Progress takes time.



Find it on MOST: Calm your mind and body before bed

Where to find it

Click here for: [Under 15](#) | [15+](#) or

Click Explore in the navigation menu



- 1 Scroll to 'Clinician's Corner'
- 2 Click 'Calm your mind and body before bed'



Passive engagement

Young people may listen or read without applying strategies to their real-life sleep challenges.

Try this instead: Prompt reflection after the activity, ask them to note thoughts, triggers, or insights for discussion.

Inconsistent use of guided practice

Irregular practice can limit the impact on sleep routines.

Try this instead: Integrate the audio into a nightly routine and set reminders to support regular use.