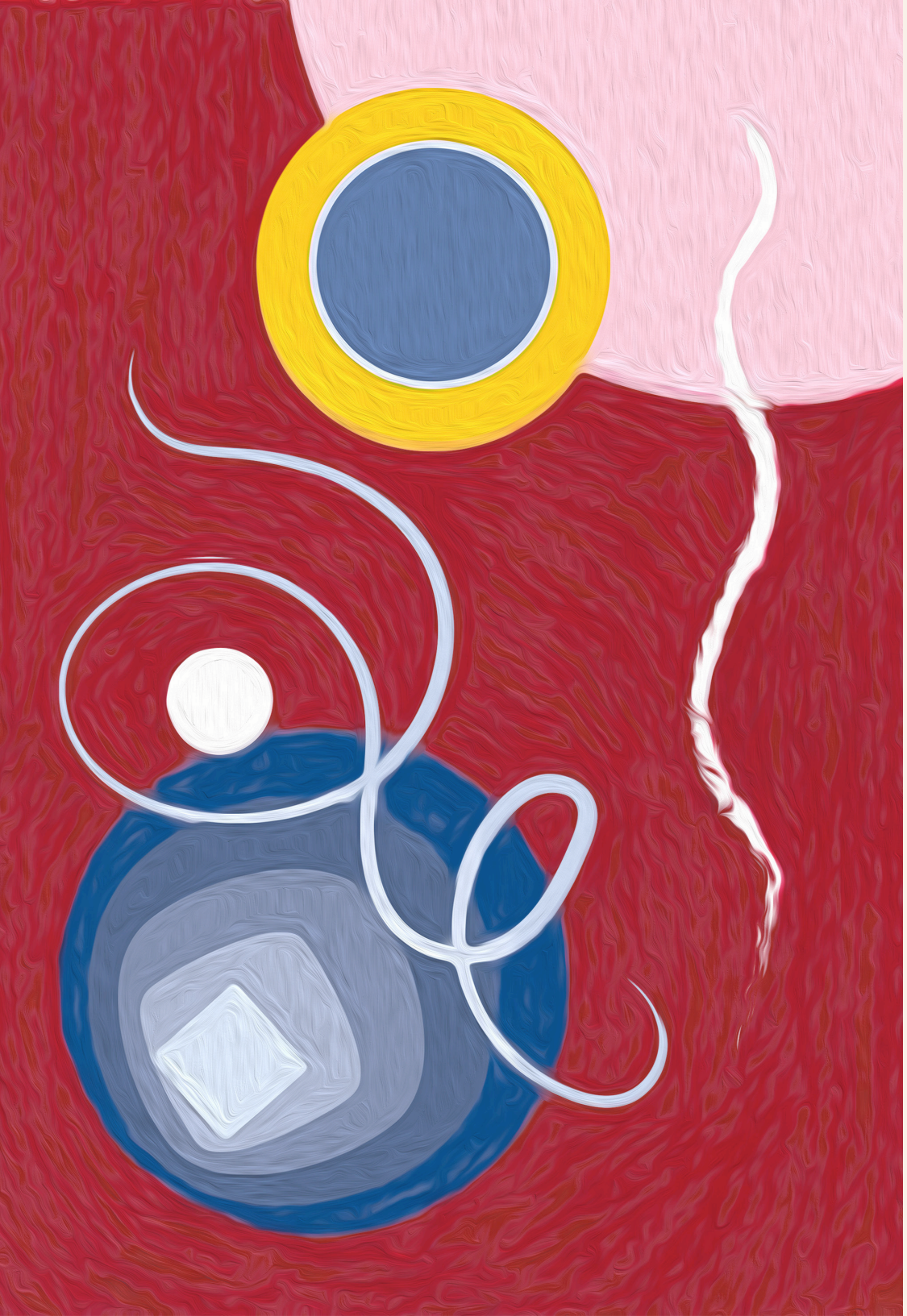






YOUR SLEEP TOOLKIT

» *This sleep toolkit journal belongs to:*



WELCOME
TO YOUR
SLEEP
TOOLKIT

DEAR READER,

Welcome to your toolkit for better sleep. Here you will find all the things we think are important to know about getting a good night's sleep.

This journal provides information about sleep and circadian rhythms, with space to track your own sleep, sleep habits, and monitor your progress in improving your sleep. It is designed to be used alongside the pack of sleep activity cards, which provide evidence-based techniques to support better sleep. Each card tells you what the activity is and why it works.

Card titles are coloured coded based on time

- ★ **bright blue** *for activities done in the day,*
- ★ **dusky pink** *for evening,*
- ★ **midnight navy** *for bedtime and during the night.*

However, this is not prescriptive.

For example, although we recommend evening as a good time for relaxation exercises, they can be done at any other time of day.

We recommend that you don't try to change everything all at once as it may seem overwhelming; rather, pick one or two cards per week, and use your sleep diary to review whether the changes you made helped to improve your sleep.

If they helped, great – stick with them! If not, try something different until you find what works for you.

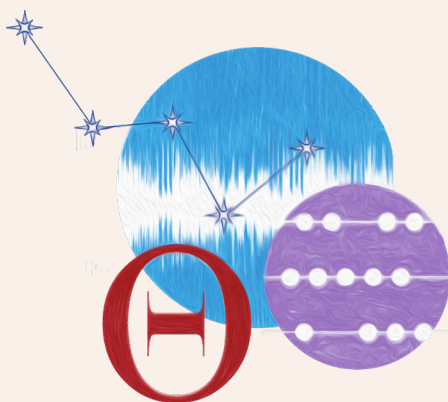
This journal includes space to record your sleep patterns for eight weeks.

For additional sleep diaries or to access a complete digital toolkit, visit our online resources. You'll also discover more about the creators and how this guide was co-created with students from Regent's University London.

To explore these resources or share the toolkit with a friend, head to: www.regents.ac.uk/news/cocreation-of-a-sleep-toolkit

We wish you a good night's sleep.

- * *Dr Anna Joyce, Academic and Sleep Therapist*
- * *Céleste Williams, Design Technician*
- * *Martin Vazquez, Graphic Designer*
- * *Stephanie Murphy, Student Wellbeing*
- * *Dr Liz Halstead, Academic and CBTI Expert*
- * *Emma Bourgeois, Research Assistant*
- * *Kerry Eggleton, Illustrator*





EVERYTHING
YOU NEED TO
KNOW ABOUT
SLEEP

WHAT IS SLEEP?

Sleep is a natural biological process that allows the body and mind to rest, repair, and reset. It is a quiet, restful, reversible state that typically recurs for several hours every night.

During sleep the eyes are usually closed, postural muscles relaxed, and conscious awareness is suspended. It's like pressing pause on the outside world so that the inner world can recharge.

WHY DO WE SLEEP?

Despite appearing inactive, during sleep the brain and body are engaged in multiple functions, and at some points the brain is as active as during wake. Practically all our physical and mental abilities rely on sleep in some way and suffer if we don't get enough sleep. Here are just some of the functions that are supported by healthy sleep.

- ★ Immune system to protect us from illness and speed recovery.
- ★ Growth and repair of the body, and recovery after injury or exercise.
- ★ Heart and respiratory health, including a healthy cardiovascular system and blood pressure.
- ★ Regulating appetite so that we don't overeat, helping us to maintain a healthy weight and avoid long term health conditions like obesity and type 2 diabetes.
- ★ Cognitive functions including attention, planning, problem-solving, decision-making, reaction times and using our full vocabulary.
- ★ Recall of information from memory, as well as consolidation of new memories and protecting them from being forgotten.
- ★ Academic and professional performance to achieve higher grades and salary.

SLEEP AND MENTAL HEALTH

Mental health conditions are frequently associated with sleep problems. Anxiety and depression are the most common mental health conditions and can be both a cause and a consequence of poor sleep. Often poor sleep affects your mood and so can make your mental health feel worse, as well as making it difficult to manage motivation and ability to connect with others. It is important to address sleep problems as well as get support for your mental health. Discuss with your GP or a licenced therapist if you are worried about your mental health.

If you are experiencing anxiety or panic, use the relaxation techniques on the activity cards to help your body shift from the sympathetic 'fight or flight' branch of the nervous system to the parasympathetic 'rest and digest'.

The Vagus Nerve & Box Breathing

An efficient way to do this is to use your breath to activate *the vagus nerve*, which slows your heart rate and helps your body relax.

✱ ***Box Breathing to regulate breathing*** by inhaling for the count of 4, hold for 4, exhale for 4, hold for 4

✱ ***478 Breathing to slow heart rate*** by inhaling for the count of 4, hold for 7, exhale for 8

✦ ***You could also try short meditations or yoga nidra.***

WHAT HAPPENS WHEN WE DON'T GET ENOUGH SLEEP?

Sleep debt is the cumulative build-up of not getting enough sleep. The missing hours build up like a debt. *The body is good at catching up on deep sleep*, which is the most restorative, so short term debt can usually be recovered with a week of good sleep; however, long-term (chronic) sleep deprivation might never be fully recovered.

It is best to keep a consistent schedule throughout the week, rather than relying on weekend catch-up sleep, as the long-term effects of sleep loss are not fully reversed.

When sleep deprived in the short term you might notice:

- ★ increased fatigue or sleepiness
- ★ poorer concentration, memory, and reaction times
- ★ more mood swings and irritability than usual

In the longer term, sleep deprivation significantly affects physical, cognitive and mental health across all areas described above. Sleep is linked with almost everything we do, including ability to carry out daily activities and essential skills, and have good quality of life. Although daily activities are usually still possible when sleep deprived, they may seem more effortful, and performance quality may suffer compared to when you have slept well.

Chronic sleep loss raises the risk of serious health conditions such as heart disease, high blood pressure, obesity, and diabetes. Improving sleep usually leads to a wide range of benefits, beyond simply reducing tiredness.

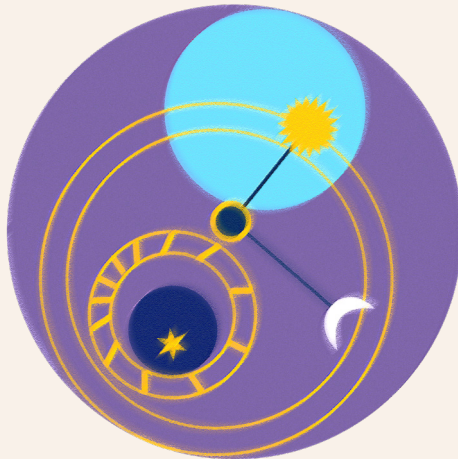
So, rather than curtailing sleep to squeeze more hours out of the day, you will likely find that you feel better and get more out of the day when you prioritise sleep.

» *How do you feel when you don't get enough sleep?*

HOW MUCH SLEEP DO YOU NEED?

It is a common myth that everyone needs eight hours of sleep. Individual needs vary from person to person and depending on age, lifestyle, and health. Most adults need between seven and nine hours but could be between six and 10 hours for some, or up to 11 hours for some younger adults.

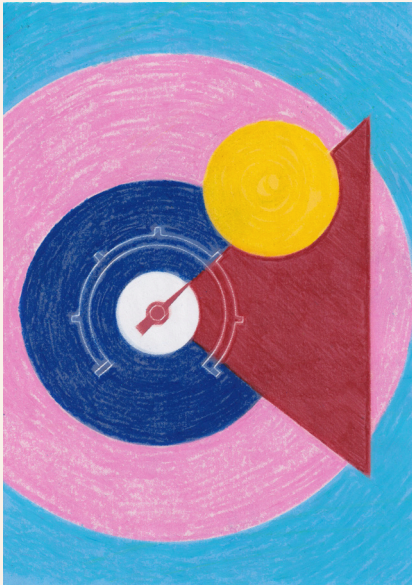
You will know you are getting enough sleep if you feel well rested and not sleepy or fatigued during the day; although this may not be true in certain physical or mental health conditions or sleep disorders.



HOW DOES THE CIRCADIAN RHYTHM WORK?

Our circadian rhythm, or body clock, is primarily controlled by two drives: homeostatic and circadian. When these two drives are working together, we feel at our best. They can become misaligned with jet lag or irregular schedules like staying up late at the weekends.

Homeostatic drive: Our brain produces adenosine which builds up throughout the day and reduces during sleep. Adenosine makes you feel sleepy, so the longer since you last slept, the more sleepy you feel. This is called sleep pressure. Naps and lie ins can reduce sleep pressure so that you might not feel sleepy enough to fall asleep at your usual bedtime.



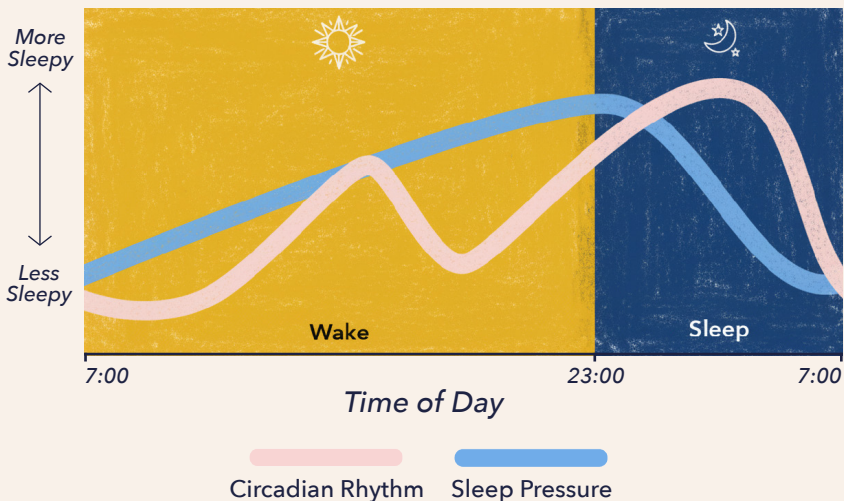
Circadian drive: Hormones and body temperature fluctuate throughout the day, affecting alertness. Release of cortisol when you wake in the morning helps you to feel alert. Release of melatonin in dim light in the evening helps your body to prepare for sleep. It's also your circadian drive that makes you feel sleepy in mid-afternoon.

JET LAG, SHIFT WORK, AND CLOCKS CHANGING

Jet lag, shift work, and seasonal clock changes create misalignment between the circadian rhythm and desired sleep and wake timing. Using bright light during the day (preferably daylight outside), eating at standard mealtimes, and being active during the day help to re-train the circadian rhythm to the new schedule.

It can take a few days for your circadian rhythm to catch up so, when flying through several time zones, it can be helpful to start adjusting in the days before a flight by delaying or advancing your usual sleep schedule by up to one hour per day to align with the destination time zone.

THE CIRCADIAN RHYTHM



WHAT HAPPENS DURING SLEEP?

During sleep the brain and body pass through progressively deeper stages of non-REM sleep, and REM (rapid eye movement) sleep in ~90-minute cycles. This is called sleep architecture.

★ **N1:** transition into sleep as brain activity slows from relaxed wakeful alpha waves to theta. N1 is a drowsy state that doesn't feel like sleep, is easy to wake from and only lasts for a few minutes.

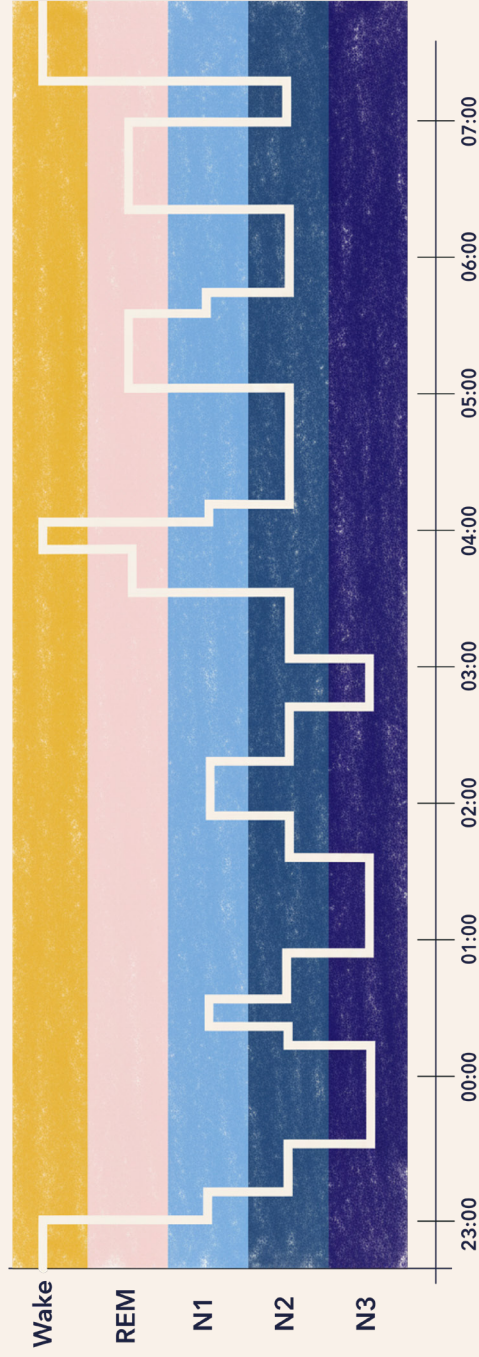
★ **N2:** around half of sleep time is spent in stage N2. Although deeper than stage N1 and harder to wake from, it is a light sleep stage. Brain activity begins to slow down to theta, though with noticeable bursts of activity that help to stabilise sleep. N2 supports memory consolidation and other cognitive processes, and helps us to stay asleep through minor disruptions.

★ **N3:** also known as deep sleep or slow-wave sleep due to slow, synchronised delta waves in the brain. Despite reduced activity, this stage is important for restoration, growth, repair and bodily processes, as well as memory, creativity and insight. Adults spend 1-2 hours per night in N3.

★ **REM:** the stage normally associated with vivid dreams, and where the brain is almost as active as during wake. Most muscles are temporarily paralysed during REM so that we don't act out our dreams. REM is essential for cognitive functions like memory, learning, emotions and creativity. Adults spend 1.5-2 hours per night in REM.

N3 is prominent at the start of the night, whereas N2 and REM dominate the latter part of the night. We need all stages to feel at our best as they allow the brain and body to recuperate and develop. It is normal to wake once or twice in the night

SLEEP ARCHITECTURE



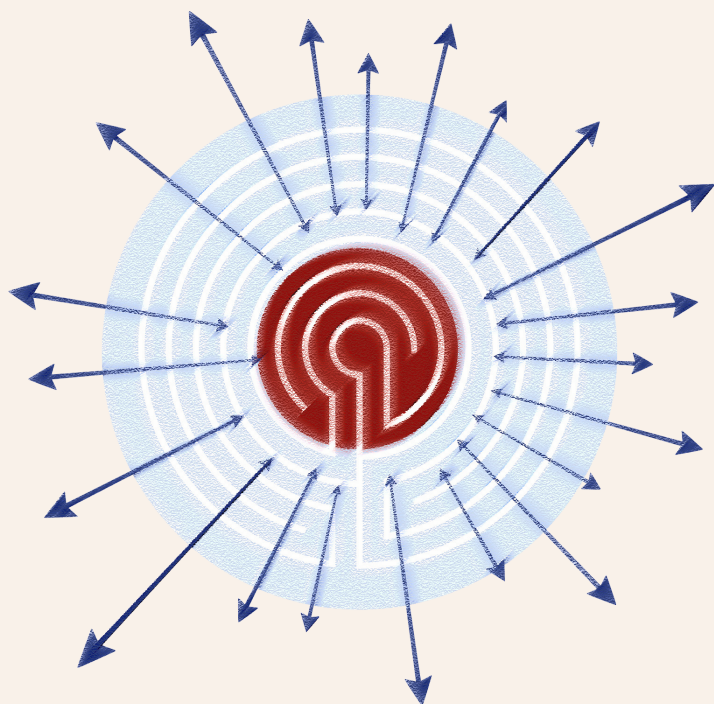
WHEN IS SLEEP A PROBLEM?

Sleep problems are common. It is estimated that around one in three adults experience disturbed or insufficient sleep. Here are some of the most common sleep disorders. If you experience any of these, then discuss with your GP.

- ★ **Insomnia:** a difficulty in obtaining sufficient restorative sleep, despite opportunity. At least three times a week it takes more than 30 minutes to fall asleep or waking in the night or too early by 30 minutes or more. Cognitive behavioural therapy for insomnia (CBTI) is the leading recommended treatment.
- ★ **Obstructive Sleep Apnoea:** a breathing disorder that causes difficulty breathing during sleep. Symptoms include loud snoring, waking coughing or gasping for air, or waking with a headache or very dry mouth. There is no strong evidence that mouth tape helps and could make breathing worse in moderate to severe apnoea.
- ★ **Circadian rhythm disorders:** extreme night owls or morning larks who have great difficulty in regulating the timing of their sleep to their daily commitments. Light therapy and physical activity in the morning for owls, and evening for larks, can help to maintain the circadian rhythm.
- ★ **Restless legs syndrome:** legs feel uncomfortable - like tingling, pins and needles, or crawling sensations particularly in the evenings, and the discomfort is relieved by moving.
- ★ **Sleep paralysis:** waking unable to move or speak happens when the normal paralysis of REM sleep hangs over into wakefulness. It may occur more during sleep deprivation or

irregular schedules. It's not dangerous on its own but can be associated with other sleep disorders or mental health conditions.

- ★ **Nightmare disorder:** Regular occurrence of well-remembered and highly distressing dreams, often involving threats to survival or security, that cause awakenings and significant distress or impairment to daily life. If you experience nightmares that interfere with your life, consider speaking to a therapist.



HOW DO DRUGS AND ALCOHOL AFFECT SLEEP?

- ★ **Alcohol** is a sedative so helps you fall asleep quicker; however, sedated sleep is not as restorative. Alcohol suppresses REM sleep in the early part of the night and increases REM and night waking later in the night. It is not a good idea to use alcohol to get to sleep so try to stop drinking a few hours before going to bed.
- ★ **Cannabis** is a sedative so can help with getting to sleep and staying asleep; however, tetrahydrocannabinol (THC) suppresses REM, which may impair memory consolidation and emotional processing. It can also cause next-day drowsiness and brain fog.
- ★ **Stimulants** (e.g., cocaine and amphetamines) cause heightened alertness and energy, making it difficult or impossible to get to sleep, and causing light and broken sleep.

If you use alcohol or other substances, try tracking your sleep and how you feel the next day to see how they affect you.

What about supplements?

Many people use supplements or herbal remedies to support sleep. Research evidence generally suggests mild or inconsistent effects, which vary from person to person. Supplements are not usually the answer to sleep problems or anxiety so they should not be used to replace good sleep habits. Here is a summary of some popular sleep aids. Although these are generally considered safe, always read the label and check with your GP if you are taking any medication, as it may interact with a supplement.

- ★ **Magnesium** is an essential mineral involved in muscle relaxation and nerve regulation. It may promote relaxation, reduce stress, and improve sleep, but effects are minimal in people whose levels are already adequate.
- ★ **CBD** is non-psychoactive cannabis compound used to ease anxiety and promote calm. It may help with sleep by reducing anxiety or discomfort. Effects vary by person and product quality.
- ★ **Antihistamines** are over-the-counter allergy medications. Certain types cause drowsiness so can help with falling asleep but may also cause grogginess, tolerance, or side effects. They are not for long-term use.
- ★ **Melatonin** is available to buy in some countries but not the UK. It is the sleep-promoting hormone that our bodies produce naturally in dim light in the evenings. Melatonin can be helpful in treating some sleep disorders but is not helpful for everyone.
- ★ **Camomile** is a gentle, calming herb often used in teas and natural remedies. It contains antioxidant apigenin, which may promote relaxation and reduce anxiety.
- ★ **Valerian root** is a natural sedative which can cause sleepiness. It may help reduce anxiety and promote sleep.
- ★ **Lavender** is a fragrant herb, often used as an essential oil or in tea for its soothing properties. It may help to reduce anxiety and improve sleep.

NEURODIVERSITY

People with neurodivergent conditions like ADHD and autism can experience challenges with sleep, including difficulty falling asleep and staying asleep. Some strategies can help.

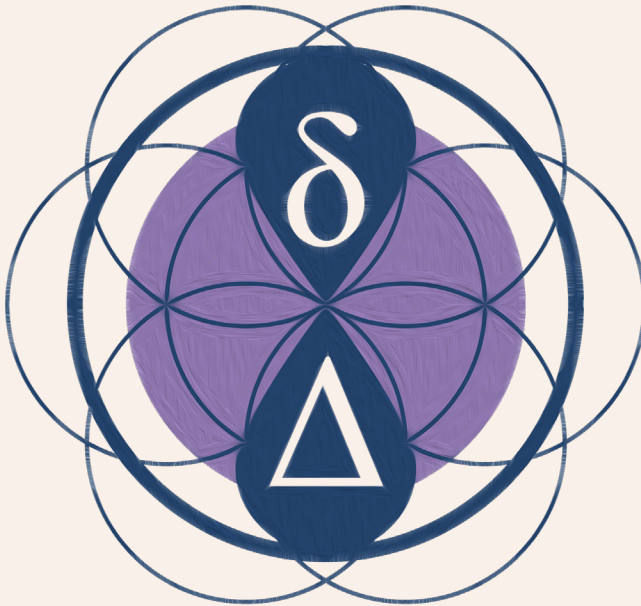
- ★ **Predictability:** Have a consistent wind-down routine, bedtime, and wake-up time.
- ★ **Schedules and reminders:** Use visual or audio reminders for when to start winding down and when to get into bed.
- ★ **Sensory sensitivities:** If you feel overstimulated at bedtime, try to create a sensory-friendly sleep environment.
- ★ **Light:** Use blackout curtains or a sleep mask
- ★ **Sound:** Try earplugs, white noise, or soft music to drown out background noises.
- ★ **Tactile:** Use comfortable bedding and your favourite sleepwear. Some people find weighted blankets helpful for deep pressure stimulation.
- ★ **Sensory overload:** Set a low stimulation time for at least the last hour before bed. Avoid screens, bright light and overstimulating activities during this time.

Instead, use it for activities that you find relaxing, e.g., reading, crafting, relaxation techniques, or listening to soft music.

If you need to use a screen, then turn on the blue light filter or nighttime mode if your device has one. Some people might need more than an hour to transition from stimulating activities to calming ones so experiment with what works for you.

- ★ **Chronotypes:** Many neurodivergent people are natural night owls. If your daily activities allow it, then it can help to align your sleep routine with your natural circadian rhythm, focusing on consistent timing throughout the week.

Consider how medication use and timing might affect sleep, and discuss with your GP.





TRACKING YOUR SLEEP

The remaining pages in this book are designed for you to record your sleep and habits, which activities you tried, and the impact they had on your sleep.

There are eight weeks of sleep diary for you complete each morning, reflecting on the previous night's sleep. There is also a range of journal prompts and space to complete cognitive activities to support your sleep.

*** We suggest you spend 5-15 minutes on these each evening, finishing at least two hours before bedtime.**

SLEEP DIARIES

Tracking your sleep using a sleep diary like this one can be useful for calculating how much sleep you get and spotting trends in things that affect your sleep. Each column represents a day and that night of sleep. You don't need to check the clock during the night; just estimate the timings. Use the blank spaces to track relevant behaviours and the changes you make to see whether they affect your sleep. For example, you might use this space to record whether you exercised or not, or whether you tried one of the relaxation practices, or something else.

Calculating your sleep efficiency is a helpful indicator of how well you are sleeping. It tells you what percentage of your sleep opportunity you are actually sleeping for so is a helpful indicator of whether your sleep is improving over time. See the example for how to calculate it yourself.

- ★ Sleep efficiency around 90% usually feels good for most people.

SLEEP DIARY

EXAMPLE

	M	T	W	T	F	S	S
DATE	1 / 09 / 25						
1. Exercise	5km run						
2. Journaling	✓						
3. Drink water	2 l						
4. Meditate	10 mins						
5. Read	20 mins						
BEDTIME	23:00						
SLEEP LATENCY	00:45						
NUMBER OF NIGHT WAKINGS	2						
DURATION OF NIGHT WAKINGS	00:30						
GET UP TIME	07:30						
TOTAL SLEEP TIME	7h30						
SLEEP OPPORTUNITY	8h30						
SLEEP EFFICIENCY	85%						
RATING 1 2 3 4 5	3 (1)						
COMMENTS	I have a cold						

habits you would like to form

time you tried to start sleeping

how long it took you to fall asleep

amount of times you woke up

in total, how long did these night awakenings last

time you got up in the morning

how long you were asleep for (account for night wakings)

amount of time you could have slept for (bedtime to alarm)

total sleep in minutes divided by sleep opportunity in minutes, then multiplied by 100.

rate your sleep quality

record anything else that may have affected your sleep

ARE WEARABLES HELPFUL?

Wearable devices like watches and rings that track physical activity and sleep can be helpful for some users, but they are not for everyone.

- ★ **Pros:** provide insights into sleep efficiency, duration, and disturbances, allowing users to spot trends and make behavioural adjustments focussed on how their habits affect sleep.
- ★ **Cons:** Sleep staging is not accurate, leading to misleading conclusions; can cause over-reliance on data rather than perception of sleep, and anxiety or obsession over sleep scores, paradoxically leading to worse sleep.
- ***Verdict:** Using wearables as a guide can be beneficial; however, for people with insomnia or sleep anxiety, they may do more harm than good by increasing hyperfocus on sleep. If you find yourself stressed by the data, then stop tracking your sleep.



EPWORTH SLEEPINESS SCALE

Monitoring your daytime sleepiness over time can help to understand whether you are getting enough good quality sleep and whether changes in your sleep are having an impact on how you feel during the day.

*** *Bookmark this page and, at the end of each week, calculate your total ESS score by summing your score for each item. There is space at the end of the sleep diary each week to record your score.***

Total scores above 10 on the ESS suggest excessive daytime sleepiness so, if you regularly score above 10 and believe you are getting enough sleep, then discuss your sleepiness with your GP.

People with insomnia have difficulty falling asleep so usually have low scores on the ESS, despite feeling fatigued.

Over the last week how likely were you to doze off or fall asleep in the following situations, in contrast to feeling just tired?

0 = would never doze;

1 = slight chance;

2 = moderate chance;

3 = high chance of dozing

- ◆ Sitting and reading?
- ◆ Watching TV ?
- ◆ Sitting, inactive in a public place (e.g. a theatre or a meeting) ?
- ◆ As a passenger in a car for an hour without a break ?
- ◆ Lying down to rest in the afternoon when circumstances permit ?
- ◆ Sitting and talking to someone?
- ◆ Sitting quietly after a lunch without alcohol?
- ◆ In a car, while stopped for a few minutes in the traffic?

COGNITIVE TECHNIQUES

Here we introduce two common strategies from cognitive behavioural therapy (CBT) that are effective for improving sleep: the thought record, and constructive worry. The activities are described here and the weekly pages contain templates for completing them.

*** *We suggest you spend around 15 minutes on these each evening, at least two hours before bedtime, for example after dinner or end of the working day.***

THOUGHT RECORD

The thought record is a more comprehensive form of the Cognitive restructuring card activity. It is used to challenge and reframe unhelpful thoughts or limiting beliefs which, although not always true, can hold us back in life.

Examples include "I'm not good enough," "There's something wrong with me," "I can't do it," "I don't deserve it," or "I'm too old/young/different".

As our thoughts influence our emotions, negative thoughts can make us feel more anxious, down, or depressed. Keeping a record of negative thoughts alongside a more helpful alternative is a structured tool to make thought processes more positive.

Noticing how thoughts make you feel brings emotion into cognitive awareness, turning a vague internal experience into something concrete and manageable, allowing you to track progress and notice how reframing reduces distress. If you find yourself having unhelpful thoughts, remind yourself of the reframed alternatives.

When used for sleep-related thoughts this helps to reduce anxiety around sleep, making it easier to fall and stay asleep.

THOUGHT RECORD

EXAMPLE

PROMPT	THOUGHT 1	THOUGHT 2
1. Situation Describe the situation or event that triggered the emotion or thought	Laying in bed unable to get to sleep last night	
2. Emotions (intensity 0-100%) Identify and rate the intensity of your emotions	Frustrated (80%) worried (90%) helpless (50%)	
3. Unhelpful thoughts Write down the automatic thought you had that was unhelpful or limiting	I'm never going to get to sleep and I will be too tired to get through tomorrow	
4. Evidence for the thought Acknowledge distress by listing facts that support the thought	Last time I could not sleep, I was in a bad mood the next day.	
5. Evidence against the thought List facts that contradict the thought to challenge biased perceptions	I always fall asleep eventually I manage to do what I need to do the next day	
6. Alternative neutral thought Create a balanced, realistic thought to build resilience and flexibility	I know I will get some sleep and I can have a good day even if I'm tired.	
7. Re-rate emotions (0-100%) Track progress by rating whether you feel any differently now	frustrated (40%) worried (40%) helpless (20%)	

CONSTRUCTIVE WORRY

This activity relates to the Constructive worry card activity. There is space on the journal pages each week to complete it, and the template can be drawn onto blank pages if you need more space.

Often when we are awake at night, we start thinking about day-to-day worries and irritations, making it difficult to fall asleep. Trying to suppress or avoid worries is not helpful as they tend to resurface. Practicing constructive worry helps you take control of your worries by committing them to paper with a structured approach to deal with them, reducing the chances of them bothering you at night.

- 1.** In the column titled “Concerns” write down a problem that has the greatest chance of keeping you awake at night.
- 2.** Under “Solutions”, write the next steps you can take to resolve it. This might not be the final solution, but you can revisit it each day until it is resolved.
- 3.** Colour code the solutions red (can’t do anything), amber (to do later), or green (to do immediately).
- 4.** Repeat this for any other concerns you may have, then do any green items and plan to complete the amber ones.
- 5.** Finally, close your journal to end worry time, and place by your bed with a pen. If anything new comes up, write it down to deal with tomorrow, and remind yourself you have already dealt with your worries in the best way.

CONSTRUCTIVE WORRY EXAMPLE

CONCERNS	SOLUTIONS
My car has broken down	① Look up bus routes for tomorrow
	② Phone a mechanic for a repair quote

MAKING CHANGES

Making lasting changes to your sleep habits starts with understanding why you want better sleep. Is it to boost your energy? improve your mood? reduce stress? or perform better at work or school? Behavioural motivation is strongest when the goal feels personal and meaningful, so figure out what better sleep means to you.

To build new sleep habits, start small and realistic e.g., go to bed 15 minutes earlier or create a calming wind-down routine. Always try to pair new behaviours with existing ones (like reading after brushing your teeth) to make them easier to remember and improve your chances of success. Use this journal to track your progress, celebrate small wins, and remind yourself of the benefits to keep you motivated. Prioritising sleep isn't just about rest; it's a powerful act of self-care that makes every part of life feel easier and more enjoyable.

JOURNAL PROMPTS

The following journal prompts are designed to help you reflect on your sleep and support you in making relevant changes that stick. Bookmark this page to come back to and use the blank pages in the journal to work through the prompts. We've numbered them so you can easily refer to them.

01. *Why do I want to improve my sleep? What difference would better sleep make in my daily life?*
02. *How do I feel after a great night's sleep?*
03. *What is one small change I can make this week to support healthier sleep?*
04. *What helped me relax tonight before bed? What didn't?*
05. *Was anything on my mind that kept me from falling asleep easily?*
06. *What is one calming ritual I could try tomorrow night?*
07. *How do I feel after last night's sleep, physically, mentally, emotionally?*
08. *Did anything disrupt my sleep, and is there something I can do differently tonight?*
09. *What is one thing I'm grateful for this morning?*
10. *What sleep habit am I proud of sticking to this week?*
11. *What challenges came up around sleep, and how did I handle them?*
12. *What motivates me to keep prioritising my rest, even when life gets busy?*
13. *What positive changes have I noticed since focusing on my sleep, even if they're small?*

14. *What's one thing that felt easier or more enjoyable recently because I was more rested?*
15. *How have my energy, mood, or focus changed since I started prioritising sleep?*
16. *What sleep habit am I most proud of sticking with, and how did I manage to do it?*
17. *What challenge did I overcome this week that shows I'm committed to my wellbeing?*
18. *If I've had a setback, what can I learn from it, and how can I gently get back on track?*
19. *When I'm well-rested, how do I show up differently in my relationships, work, or creativity?*
20. *What can I remind myself of when I feel tempted to stay up late or skip my routine?*

» **Need more space?** There are additional blank pages towards the back of the book. You can also use the blank pages to record your thoughts on the activities you tried, or a "brain dump" of everything that's on your mind in the evening to help you detach from the day.



WEEK ONE

- ✦ **Myth:** *Hitting snooze helps you feel more rested.*
- ✦ **Fact:** *Those extra minutes are usually fragmented, poor-quality sleep and can leave you feeling groggier (sleep inertia) than if you'd gotten up with the first alarm.*

SLEEP DIARY

	M / T / W / T / F / S / S ____ / ____ / ____	M / T / W / T / F / S / S ____ / ____ / ____	M / T / W / T / F / S / S ____ / ____ / ____
1.			
2.			
3.			
4.			
5.			
BEDTIME			
SLEEP LATENCY			
NUMBER OF NIGHT WAKINGS			
DURATION OF NIGHT WAKINGS			
GET UP TIME			
TOTAL SLEEP TIME			
SLEEP OPPORTUNITY			
SLEEP EFFICIENCY			
RATING 1 2 3 4 5			
COMMENTS			

SLEEP DIARY

	M / T / W / T / F / S / S ____ / ____ / ____	M / T / W / T / F / S / S ____ / ____ / ____	M / T / W / T / F / S / S ____ / ____ / ____
1.			
2.			
3.			
4.			
5.			
BEDTIME			
SLEEP LATENCY			
NUMBER OF NIGHT WAKINGS			
DURATION OF NIGHT WAKINGS			
GET UP TIME			
TOTAL SLEEP TIME			
SLEEP OPPORTUNITY			
SLEEP EFFICIENCY			
RATING 1 2 3 4 5			
COMMENTS			

THOUGHT RECORD

PROMPT	THOUGHT 1	THOUGHT 2	THOUGHT 3
1. Situation <i>Describe the situation or event that triggered the emotion or thought</i>			
2. Emotions (intensity 0-100%) <i>Identify and rate the intensity of your emotions</i>			
3. Unhelpful thoughts <i>Write down the automatic thought you had that was unhelpful or limiting</i>			
4. Evidence for the thought <i>Acknowledge distress by listing facts that support the thought</i>			
5. Evidence against the thought <i>List facts that contradict the thought to challenge biased perceptions</i>			
6. Alternative neutral thought <i>Create a balanced, realistic thought to build resilience and flexibility</i>			
7. Re-rate emotions (0-100%) <i>Track progress by rating whether you feel any differently now</i>			

THOUGHT RECORD

PROMPT	THOUGHT 1	THOUGHT 2	THOUGHT 3
1. Situation <i>Describe the situation or event that triggered the emotion or thought</i>			
2. Emotions (intensity 0-100%) <i>Identify and rate the intensity of your emotions</i>			
3. Unhelpful thoughts <i>Write down the automatic thought you had that was unhelpful or limiting</i>			
4. Evidence for the thought <i>Acknowledge distress by listing facts that support the thought</i>			
5. Evidence against the thought <i>List facts that contradict the thought to challenge biased perceptions</i>			
6. Alternative neutral thought <i>Create a balanced, realistic thought to build resilience and flexibility</i>			
7. Re-rate emotions (0-100%) <i>Track progress by rating whether you feel any differently now</i>			

CONSTRUCTIVE WORRY

[illegible]

CONSTRUCTIVE WORRY

[illegible]



WEEK TWO

- ✦ **Myth:** *Good sleepers never wake up at night.*
- ✦ **Fact:** *It's normal to wake briefly during the night (between sleep cycles). Most people don't remember it unless they have trouble falling back asleep.*

SLEEP DIARY

	M / T / W / T / F / S / S ____ / ____ / ____	M / T / W / T / F / S / S ____ / ____ / ____	M / T / W / T / F / S / S ____ / ____ / ____
1.			
2.			
3.			
4.			
5.			
BEDTIME			
SLEEP LATENCY			
NUMBER OF NIGHT WAKINGS			
DURATION OF NIGHT WAKINGS			
GET UP TIME			
TOTAL SLEEP TIME			
SLEEP OPPORTUNITY			
SLEEP EFFICIENCY			
RATING 1 2 3 4 5			
COMMENTS			

SLEEP DIARY

	M / T / W / T / F / S / S ____ / ____ / ____	M / T / W / T / F / S / S ____ / ____ / ____	M / T / W / T / F / S / S ____ / ____ / ____
1.			
2.			
3.			
4.			
5.			
BEDTIME			
SLEEP LATENCY			
NUMBER OF NIGHT WAKINGS			
DURATION OF NIGHT WAKINGS			
GET UP TIME			
TOTAL SLEEP TIME			
SLEEP OPPORTUNITY			
SLEEP EFFICIENCY			
RATING 1 2 3 4 5			
COMMENTS			

THOUGHT RECORD

PROMPT	THOUGHT 1	THOUGHT 2	THOUGHT 3
1. Situation <i>Describe the situation or event that triggered the emotion or thought</i>			
2. Emotions (intensity 0-100%) <i>Identify and rate the intensity of your emotions</i>			
3. Unhelpful thoughts <i>Write down the automatic thought you had that was unhelpful or limiting</i>			
4. Evidence for the thought <i>Acknowledge distress by listing facts that support the thought</i>			
5. Evidence against the thought <i>List facts that contradict the thought to challenge biased perceptions</i>			
6. Alternative neutral thought <i>Create a balanced, realistic thought to build resilience and flexibility</i>			
7. Re-rate emotions (0-100%) <i>Track progress by rating whether you feel any differently now</i>			

THOUGHT RECORD

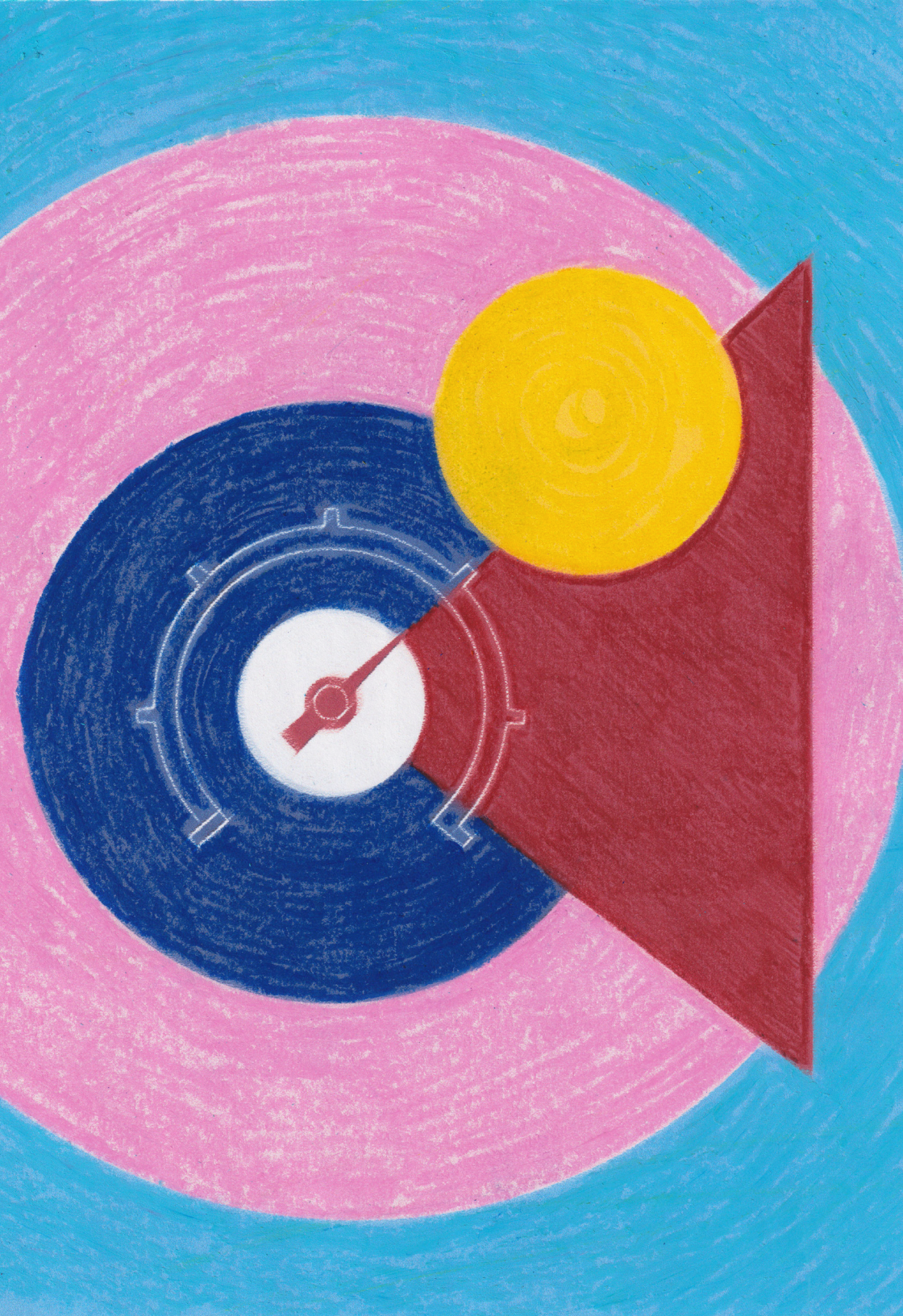
PROMPT	THOUGHT 1	THOUGHT 2	THOUGHT 3
1. Situation <i>Describe the situation or event that triggered the emotion or thought</i>			
2. Emotions (intensity 0-100%) <i>Identify and rate the intensity of your emotions</i>			
3. Unhelpful thoughts <i>Write down the automatic thought you had that was unhelpful or limiting</i>			
4. Evidence for the thought <i>Acknowledge distress by listing facts that support the thought</i>			
5. Evidence against the thought <i>List facts that contradict the thought to challenge biased perceptions</i>			
6. Alternative neutral thought <i>Create a balanced, realistic thought to build resilience and flexibility</i>			
7. Re-rate emotions (0-100%) <i>Track progress by rating whether you feel any differently now</i>			

CONSTRUCTIVE WORRY

[illegible]

CONSTRUCTIVE WORRY

[illegible]



WEEK THREE

- ✦ **Myth:** *Lying in bed awake is better than getting up.*
- ✦ **Fact:** *If you can't fall asleep after approximately 20 minutes, it's better to get out of bed and do a quiet, non-stimulating activity (like reading) until you feel sleepy. Staying in bed awake can create a negative association with your bed.*

SLEEP DIARY

	M / T / W / T / F / S / S ____ / ____ / ____	M / T / W / T / F / S / S ____ / ____ / ____	M / T / W / T / F / S / S ____ / ____ / ____
1.			
2.			
3.			
4.			
5.			
BEDTIME			
SLEEP LATENCY			
NUMBER OF NIGHT WAKINGS			
DURATION OF NIGHT WAKINGS			
GET UP TIME			
TOTAL SLEEP TIME			
SLEEP OPPORTUNITY			
SLEEP EFFICIENCY			
RATING 1 2 3 4 5			
COMMENTS			

SLEEP DIARY

	M / T / W / T / F / S / S ____ / ____ / ____	M / T / W / T / F / S / S ____ / ____ / ____	M / T / W / T / F / S / S ____ / ____ / ____
1.			
2.			
3.			
4.			
5.			
BEDTIME			
SLEEP LATENCY			
NUMBER OF NIGHT WAKINGS			
DURATION OF NIGHT WAKINGS			
GET UP TIME			
TOTAL SLEEP TIME			
SLEEP OPPORTUNITY			
SLEEP EFFICIENCY			
RATING 1 2 3 4 5			
COMMENTS			

THOUGHT RECORD

PROMPT	THOUGHT 1	THOUGHT 2	THOUGHT 3
1. Situation <i>Describe the situation or event that triggered the emotion or thought</i>			
2. Emotions (intensity 0-100%) <i>Identify and rate the intensity of your emotions</i>			
3. Unhelpful thoughts <i>Write down the automatic thought you had that was unhelpful or limiting</i>			
4. Evidence for the thought <i>Acknowledge distress by listing facts that support the thought</i>			
5. Evidence against the thought <i>List facts that contradict the thought to challenge biased perceptions</i>			
6. Alternative neutral thought <i>Create a balanced, realistic thought to build resilience and flexibility</i>			
7. Re-rate emotions (0-100%) <i>Track progress by rating whether you feel any differently now</i>			

THOUGHT RECORD

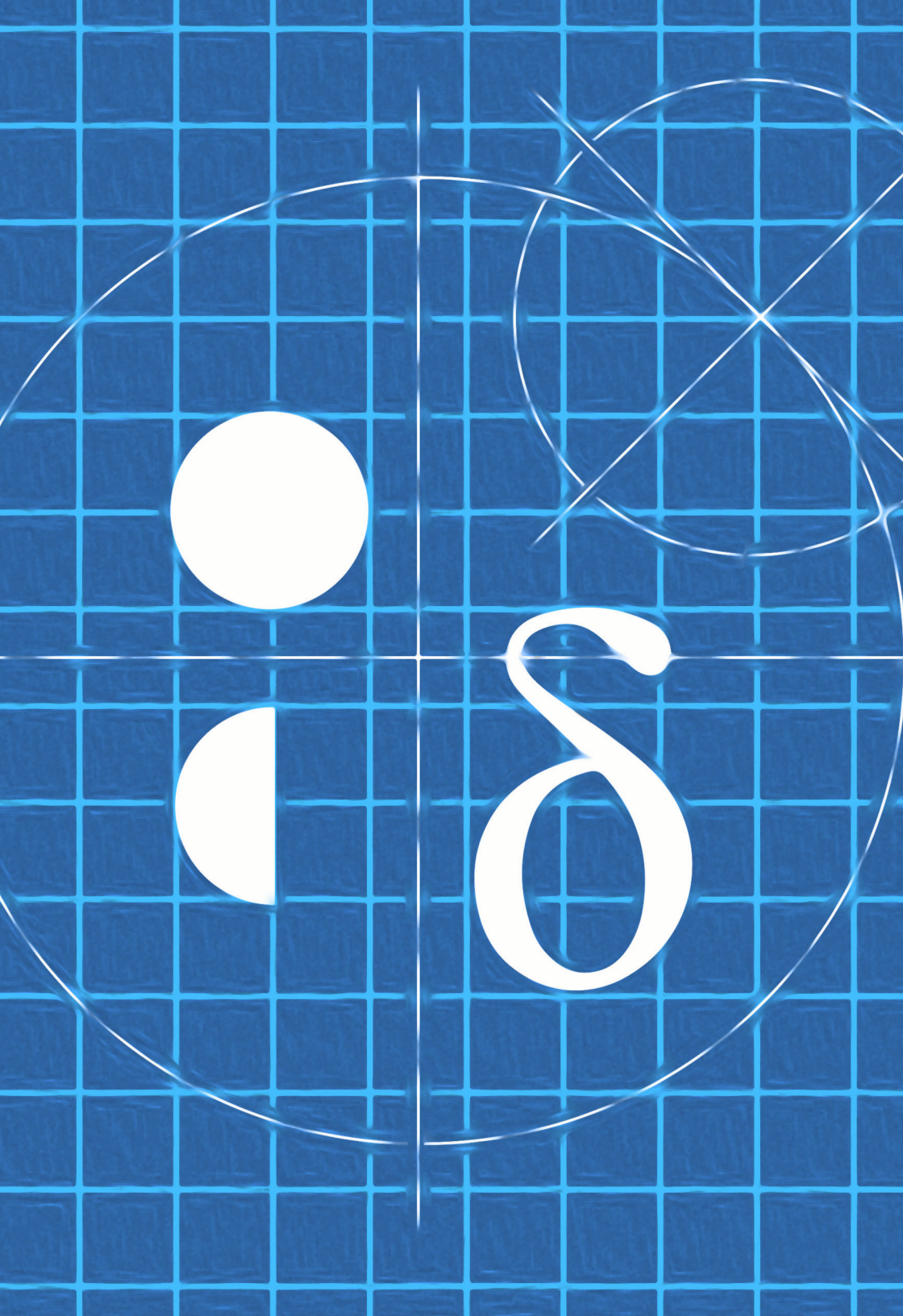
PROMPT	THOUGHT 1	THOUGHT 2	THOUGHT 3
1. Situation <i>Describe the situation or event that triggered the emotion or thought</i>			
2. Emotions (intensity 0-100%) <i>Identify and rate the intensity of your emotions</i>			
3. Unhelpful thoughts <i>Write down the automatic thought you had that was unhelpful or limiting</i>			
4. Evidence for the thought <i>Acknowledge distress by listing facts that support the thought</i>			
5. Evidence against the thought <i>List facts that contradict the thought to challenge biased perceptions</i>			
6. Alternative neutral thought <i>Create a balanced, realistic thought to build resilience and flexibility</i>			
7. Re-rate emotions (0-100%) <i>Track progress by rating whether you feel any differently now</i>			

CONSTRUCTIVE WORRY

[illegible]

CONSTRUCTIVE WORRY

[illegible]



WEEK FOUR

- ✦ **Myth:** *You can “catch up” on sleep over the weekend.*
- ✦ **Fact:** *While sleeping in might help you feel better temporarily, it doesn’t fully reverse the negative effects of sleep deprivation during the week. Irregular sleep schedules can also disrupt your circadian rhythm.*

SLEEP DIARY

	M / T / W / T / F / S / S ____ / ____ / ____	M / T / W / T / F / S / S ____ / ____ / ____	M / T / W / T / F / S / S ____ / ____ / ____
1.			
2.			
3.			
4.			
5.			
BEDTIME			
SLEEP LATENCY			
NUMBER OF NIGHT WAKINGS			
DURATION OF NIGHT WAKINGS			
GET UP TIME			
TOTAL SLEEP TIME			
SLEEP OPPORTUNITY			
SLEEP EFFICIENCY			
RATING 1 2 3 4 5			
COMMENTS			

SLEEP DIARY

	M / T / W / T / F / S / S ____ / ____ / ____	M / T / W / T / F / S / S ____ / ____ / ____	M / T / W / T / F / S / S ____ / ____ / ____
1.			
2.			
3.			
4.			
5.			
BEDTIME			
SLEEP LATENCY			
NUMBER OF NIGHT WAKINGS			
DURATION OF NIGHT WAKINGS			
GET UP TIME			
TOTAL SLEEP TIME			
SLEEP OPPORTUNITY			
SLEEP EFFICIENCY			
RATING 1 2 3 4 5			
COMMENTS			

THOUGHT RECORD

PROMPT	THOUGHT 1	THOUGHT 2	THOUGHT 3
1. Situation <i>Describe the situation or event that triggered the emotion or thought</i>			
2. Emotions (intensity 0-100%) <i>Identify and rate the intensity of your emotions</i>			
3. Unhelpful thoughts <i>Write down the automatic thought you had that was unhelpful or limiting</i>			
4. Evidence for the thought <i>Acknowledge distress by listing facts that support the thought</i>			
5. Evidence against the thought <i>List facts that contradict the thought to challenge biased perceptions</i>			
6. Alternative neutral thought <i>Create a balanced, realistic thought to build resilience and flexibility</i>			
7. Re-rate emotions (0-100%) <i>Track progress by rating whether you feel any differently now</i>			

THOUGHT RECORD

PROMPT	THOUGHT 1	THOUGHT 2	THOUGHT 3
1. Situation <i>Describe the situation or event that triggered the emotion or thought</i>			
2. Emotions (intensity 0-100%) <i>Identify and rate the intensity of your emotions</i>			
3. Unhelpful thoughts <i>Write down the automatic thought you had that was unhelpful or limiting</i>			
4. Evidence for the thought <i>Acknowledge distress by listing facts that support the thought</i>			
5. Evidence against the thought <i>List facts that contradict the thought to challenge biased perceptions</i>			
6. Alternative neutral thought <i>Create a balanced, realistic thought to build resilience and flexibility</i>			
7. Re-rate emotions (0-100%) <i>Track progress by rating whether you feel any differently now</i>			

CONSTRUCTIVE WORRY

[illegible]

CONSTRUCTIVE WORRY

[illegible]



WEEK FIVE

- ✦ **Myth:** *Everyone needs 8 hours of sleep.*
- ✦ **Fact:** *Sleep needs vary by age, genetics, and lifestyle. While 7-9 hours are typical for adults, some people function well with slightly more or less.*

SLEEP DIARY

	M / T / W / T / F / S / S ____ / ____ / ____	M / T / W / T / F / S / S ____ / ____ / ____	M / T / W / T / F / S / S ____ / ____ / ____
1.			
2.			
3.			
4.			
5.			
BEDTIME			
SLEEP LATENCY			
NUMBER OF NIGHT WAKINGS			
DURATION OF NIGHT WAKINGS			
GET UP TIME			
TOTAL SLEEP TIME			
SLEEP OPPORTUNITY			
SLEEP EFFICIENCY			
RATING 1 2 3 4 5			
COMMENTS			

SLEEP DIARY

	M / T / W / T / F / S / S ____ / ____ / ____	M / T / W / T / F / S / S ____ / ____ / ____	M / T / W / T / F / S / S ____ / ____ / ____
1.			
2.			
3.			
4.			
5.			
BEDTIME			
SLEEP LATENCY			
NUMBER OF NIGHT WAKINGS			
DURATION OF NIGHT WAKINGS			
GET UP TIME			
TOTAL SLEEP TIME			
SLEEP OPPORTUNITY			
SLEEP EFFICIENCY			
RATING 1 2 3 4 5			
COMMENTS			

THOUGHT RECORD

PROMPT	THOUGHT 1	THOUGHT 2	THOUGHT 3
1. Situation <i>Describe the situation or event that triggered the emotion or thought</i>			
2. Emotions (intensity 0-100%) <i>Identify and rate the intensity of your emotions</i>			
3. Unhelpful thoughts <i>Write down the automatic thought you had that was unhelpful or limiting</i>			
4. Evidence for the thought <i>Acknowledge distress by listing facts that support the thought</i>			
5. Evidence against the thought <i>List facts that contradict the thought to challenge biased perceptions</i>			
6. Alternative neutral thought <i>Create a balanced, realistic thought to build resilience and flexibility</i>			
7. Re-rate emotions (0-100%) <i>Track progress by rating whether you feel any differently now</i>			

THOUGHT RECORD

PROMPT	THOUGHT 1	THOUGHT 2	THOUGHT 3
1. Situation <i>Describe the situation or event that triggered the emotion or thought</i>			
2. Emotions (intensity 0-100%) <i>Identify and rate the intensity of your emotions</i>			
3. Unhelpful thoughts <i>Write down the automatic thought you had that was unhelpful or limiting</i>			
4. Evidence for the thought <i>Acknowledge distress by listing facts that support the thought</i>			
5. Evidence against the thought <i>List facts that contradict the thought to challenge biased perceptions</i>			
6. Alternative neutral thought <i>Create a balanced, realistic thought to build resilience and flexibility</i>			
7. Re-rate emotions (0-100%) <i>Track progress by rating whether you feel any differently now</i>			

CONSTRUCTIVE WORRY

[illegible]

CONSTRUCTIVE WORRY

[illegible]



WEEK SIX

- ✦ **Myth:** *Drinking alcohol helps you sleep better.*
- ✦ **Fact:** *Alcohol may make you drowsy initially, but it disrupts REM sleep and can cause fragmented sleep later in the night.*

SLEEP DIARY

	M / T / W / T / F / S / S ____ / ____ / ____	M / T / W / T / F / S / S ____ / ____ / ____	M / T / W / T / F / S / S ____ / ____ / ____
1.			
2.			
3.			
4.			
5.			
BEDTIME			
SLEEP LATENCY			
NUMBER OF NIGHT WAKINGS			
DURATION OF NIGHT WAKINGS			
GET UP TIME			
TOTAL SLEEP TIME			
SLEEP OPPORTUNITY			
SLEEP EFFICIENCY			
RATING 1 2 3 4 5			
COMMENTS			

SLEEP DIARY

	M / T / W / T / F / S / S ____ / ____ / ____	M / T / W / T / F / S / S ____ / ____ / ____	M / T / W / T / F / S / S ____ / ____ / ____
1.			
2.			
3.			
4.			
5.			
BEDTIME			
SLEEP LATENCY			
NUMBER OF NIGHT WAKINGS			
DURATION OF NIGHT WAKINGS			
GET UP TIME			
TOTAL SLEEP TIME			
SLEEP OPPORTUNITY			
SLEEP EFFICIENCY			
RATING 1 2 3 4 5			
COMMENTS			

THOUGHT RECORD

PROMPT	THOUGHT 1	THOUGHT 2	THOUGHT 3
1. Situation <i>Describe the situation or event that triggered the emotion or thought</i>			
2. Emotions (intensity 0-100%) <i>Identify and rate the intensity of your emotions</i>			
3. Unhelpful thoughts <i>Write down the automatic thought you had that was unhelpful or limiting</i>			
4. Evidence for the thought <i>Acknowledge distress by listing facts that support the thought</i>			
5. Evidence against the thought <i>List facts that contradict the thought to challenge biased perceptions</i>			
6. Alternative neutral thought <i>Create a balanced, realistic thought to build resilience and flexibility</i>			
7. Re-rate emotions (0-100%) <i>Track progress by rating whether you feel any differently now</i>			

THOUGHT RECORD

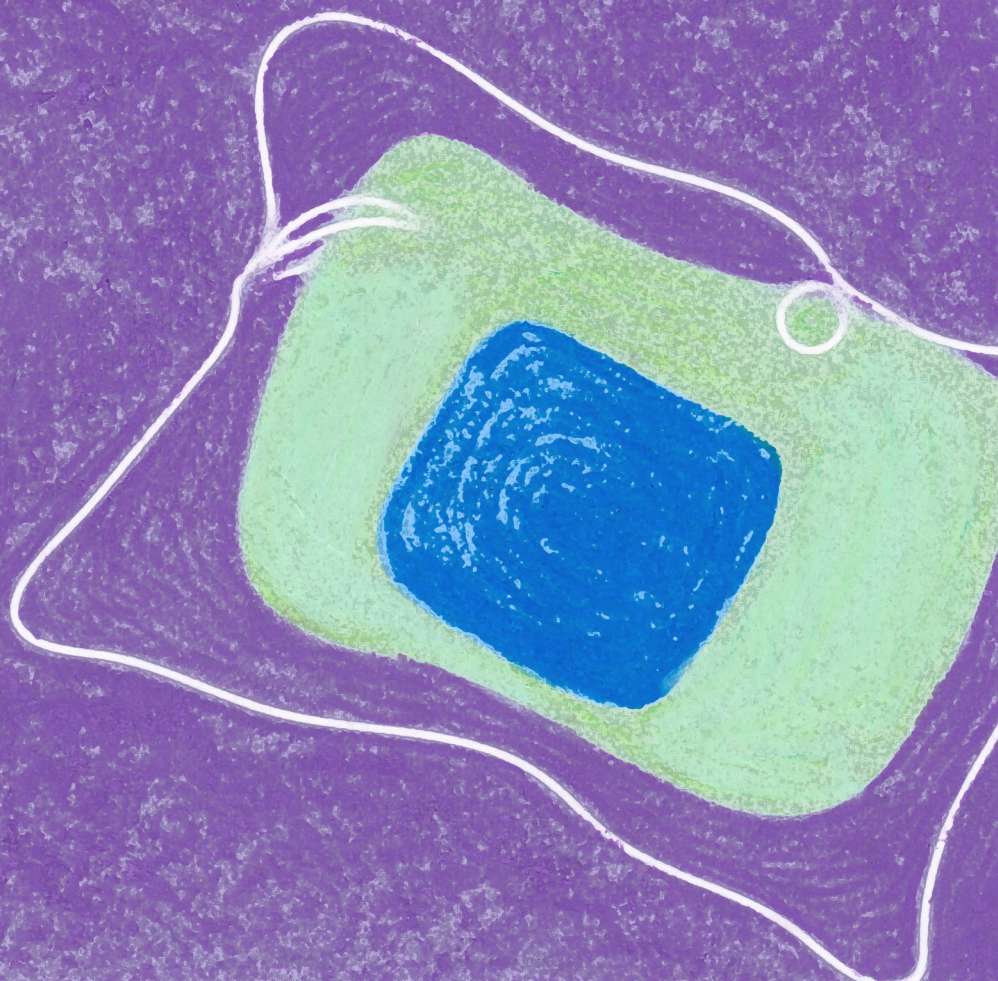
PROMPT	THOUGHT 1	THOUGHT 2	THOUGHT 3
1. Situation <i>Describe the situation or event that triggered the emotion or thought</i>			
2. Emotions (intensity 0-100%) <i>Identify and rate the intensity of your emotions</i>			
3. Unhelpful thoughts <i>Write down the automatic thought you had that was unhelpful or limiting</i>			
4. Evidence for the thought <i>Acknowledge distress by listing facts that support the thought</i>			
5. Evidence against the thought <i>List facts that contradict the thought to challenge biased perceptions</i>			
6. Alternative neutral thought <i>Create a balanced, realistic thought to build resilience and flexibility</i>			
7. Re-rate emotions (0-100%) <i>Track progress by rating whether you feel any differently now</i>			

CONSTRUCTIVE WORRY

[illegible]

CONSTRUCTIVE WORRY

[illegible]



WEEK SEVEN

- ✦ **Myth:** *Lavender oil guarantees better sleep for everyone.*
- ✦ **Fact:** *While lavender oil can promote relaxation and may improve sleep for some, it's not universally effective. Its benefits vary from person to person, and it's best seen as a supportive aid—not a cure for sleep issues.*

SLEEP DIARY

	M / T / W / T / F / S / S ____ / ____ / ____	M / T / W / T / F / S / S ____ / ____ / ____	M / T / W / T / F / S / S ____ / ____ / ____
1.			
2.			
3.			
4.			
5.			
BEDTIME			
SLEEP LATENCY			
NUMBER OF NIGHT WAKINGS			
DURATION OF NIGHT WAKINGS			
GET UP TIME			
TOTAL SLEEP TIME			
SLEEP OPPORTUNITY			
SLEEP EFFICIENCY			
RATING 1 2 3 4 5			
COMMENTS			

SLEEP DIARY

	M / T / W / T / F / S / S ____ / ____ / ____	M / T / W / T / F / S / S ____ / ____ / ____	M / T / W / T / F / S / S ____ / ____ / ____
1.			
2.			
3.			
4.			
5.			
BEDTIME			
SLEEP LATENCY			
NUMBER OF NIGHT WAKINGS			
DURATION OF NIGHT WAKINGS			
GET UP TIME			
TOTAL SLEEP TIME			
SLEEP OPPORTUNITY			
SLEEP EFFICIENCY			
RATING 1 2 3 4 5			
COMMENTS			

THOUGHT RECORD

PROMPT	THOUGHT 1	THOUGHT 2	THOUGHT 3
1. Situation <i>Describe the situation or event that triggered the emotion or thought</i>			
2. Emotions (intensity 0-100%) <i>Identify and rate the intensity of your emotions</i>			
3. Unhelpful thoughts <i>Write down the automatic thought you had that was unhelpful or limiting</i>			
4. Evidence for the thought <i>Acknowledge distress by listing facts that support the thought</i>			
5. Evidence against the thought <i>List facts that contradict the thought to challenge biased perceptions</i>			
6. Alternative neutral thought <i>Create a balanced, realistic thought to build resilience and flexibility</i>			
7. Re-rate emotions (0-100%) <i>Track progress by rating whether you feel any differently now</i>			

THOUGHT RECORD

PROMPT	THOUGHT 1	THOUGHT 2	THOUGHT 3
1. Situation <i>Describe the situation or event that triggered the emotion or thought</i>			
2. Emotions (intensity 0-100%) <i>Identify and rate the intensity of your emotions</i>			
3. Unhelpful thoughts <i>Write down the automatic thought you had that was unhelpful or limiting</i>			
4. Evidence for the thought <i>Acknowledge distress by listing facts that support the thought</i>			
5. Evidence against the thought <i>List facts that contradict the thought to challenge biased perceptions</i>			
6. Alternative neutral thought <i>Create a balanced, realistic thought to build resilience and flexibility</i>			
7. Re-rate emotions (0-100%) <i>Track progress by rating whether you feel any differently now</i>			

CONSTRUCTIVE WORRY

[illegible]

CONSTRUCTIVE WORRY

[illegible]



WEEK EIGHT

- ✦ **Myth:** *Whale sounds or nature noise help everyone fall asleep faster.*
- ✦ **Fact:** *These sounds can be soothing for many, but not all. For some, they might be distracting or even anxiety-inducing. Sleep sound preferences are highly individual, so finding the right noise (if you want to hear a noise at night) is key.*

SLEEP DIARY

	M / T / W / T / F / S / S ____ / ____ / ____	M / T / W / T / F / S / S ____ / ____ / ____	M / T / W / T / F / S / S ____ / ____ / ____
1.			
2.			
3.			
4.			
5.			
BEDTIME			
SLEEP LATENCY			
NUMBER OF NIGHT WAKINGS			
DURATION OF NIGHT WAKINGS			
GET UP TIME			
TOTAL SLEEP TIME			
SLEEP OPPORTUNITY			
SLEEP EFFICIENCY			
RATING 1 2 3 4 5			
COMMENTS			

SLEEP DIARY

	M / T / W / T / F / S / S ____ / ____ / ____	M / T / W / T / F / S / S ____ / ____ / ____	M / T / W / T / F / S / S ____ / ____ / ____
1.			
2.			
3.			
4.			
5.			
BEDTIME			
SLEEP LATENCY			
NUMBER OF NIGHT WAKINGS			
DURATION OF NIGHT WAKINGS			
GET UP TIME			
TOTAL SLEEP TIME			
SLEEP OPPORTUNITY			
SLEEP EFFICIENCY			
RATING 1 2 3 4 5			
COMMENTS			

THOUGHT RECORD

PROMPT	THOUGHT 1	THOUGHT 2	THOUGHT 3
1. Situation <i>Describe the situation or event that triggered the emotion or thought</i>			
2. Emotions (intensity 0-100%) <i>Identify and rate the intensity of your emotions</i>			
3. Unhelpful thoughts <i>Write down the automatic thought you had that was unhelpful or limiting</i>			
4. Evidence for the thought <i>Acknowledge distress by listing facts that support the thought</i>			
5. Evidence against the thought <i>List facts that contradict the thought to challenge biased perceptions</i>			
6. Alternative neutral thought <i>Create a balanced, realistic thought to build resilience and flexibility</i>			
7. Re-rate emotions (0-100%) <i>Track progress by rating whether you feel any differently now</i>			

THOUGHT RECORD

PROMPT	THOUGHT 1	THOUGHT 2	THOUGHT 3
1. Situation <i>Describe the situation or event that triggered the emotion or thought</i>			
2. Emotions (intensity 0-100%) <i>Identify and rate the intensity of your emotions</i>			
3. Unhelpful thoughts <i>Write down the automatic thought you had that was unhelpful or limiting</i>			
4. Evidence for the thought <i>Acknowledge distress by listing facts that support the thought</i>			
5. Evidence against the thought <i>List facts that contradict the thought to challenge biased perceptions</i>			
6. Alternative neutral thought <i>Create a balanced, realistic thought to build resilience and flexibility</i>			
7. Re-rate emotions (0-100%) <i>Track progress by rating whether you feel any differently now</i>			

CONSTRUCTIVE WORRY

[illegible]

CONSTRUCTIVE WORRY

[illegible]



JOURNALLING PAGES

