

## Understanding your sleep worries

Rate yourself on how true each statement is for you.

0 = never

1 – sometimes

2 = frequently

3 = always

### Step 1 – Discover

I struggle to control the quality of my sleep			
I keep trying different things, like pills and rituals, but nothing works in the long term			
I don't understand why the things I use to help me get to sleep don't work			

### Step 2 – Accept

I dwell on past poor quality sleep or worry about future sleep, and find it hard to switch off my racing mind at night			
I jump from one topic to another and struggle to maintain my focus and concentration during the day			
I just can't concentrate on how I am feeling, on my thoughts and on how my body is reacting			

### Step 3 - Welcome

I have negative thoughts about how poor sleep affects my life and I struggle to get rid of them			
I experience strong emotions like anxiety and sensations such as knots in my tummy when trying to sleep or during the day after a bad night and I can't control them			
I find it hard to resist unhelpful urges when trying to get to sleep like watching TV or taking a sleeping pill or alcohol			

### Step 4 – Build

I adapt my sleeping pattern to manage my sleep such as having wind down time and a regular bed time			
I maintain my bedroom environment as a restful place			
I adjust my lifestyle to positively impact on my ability to sleep – e.g. not eating late at night			

### Step 5 Live

I feel I can't fully get on with my life until my insomnia has gone			
I feel that insomnia impacts my daily life negatively, affecting my relationships, energy, health and work			
I always worry that insomnia will return even when my sleep has improved			