

Change how you think about sleep

You may feel upset when you cannot fall asleep or fall back asleep after waking. Being upset can lead to racing thoughts, which can make it even harder to get to sleep.

If you're having problems sleeping, it can sometimes help to look at the thoughts you're having, and consider different ways you might be able to think that may help you fall asleep more easily.

Instead of thinking this...	Try this...
"I'm going to have another restless night and never get to sleep."	"I'm learning new ways to deal with my sleep problems. Maybe I will fall asleep more easily tonight."
"I don't know what I'll do if I don't get enough sleep tonight - I'll never be able to function tomorrow."	"If I don't get enough sleep tonight, it will just mean I'll sleep better tomorrow night because I'll be tired."
"I should be able to sleep as well as my spouse/partner/significant other."	"Everyone is different. I just might have to work on my sleeping habits whereas they don't."
"An alcoholic drink before bedtime will help me get to sleep."	"Having a drink might help me fall asleep, but it won't be a good sleep. And I don't want to rely on alcohol."
"It is unsafe to sleep at night since bad things happen in the middle of the night."	"I'm safe in the house and everyone else is sleeping too."
"I can't go to sleep because I will have a nightmare and I won't be able to handle it."	"I might have a nightmare, but even when I've had bad nightmares, I've made it through."
"I'm worried that I will never be able to sleep well again."	"I can get a handle on my sleep problems with some practice, time, and patience."
"I don't want to sleep because I'm going to have another nightmare."	"If I have a nightmare, I will remind myself that I am safe and the event is not happening now."

