

CBT for Sleep Worksheet

Name: Daniel Johnson

Age: 34

Date range: Feb 19 - Feb 25, 2024

This worksheet is designed to help patients undergoing Cognitive Behavioral Therapy for Insomnia (CBT-I). It aims to identify and modify thoughts and behaviors that contribute to sleep disturbances.

Tips for improving sleep

Stimulus

Control:

- Use the bed only for sleep and intimacy. Avoid other activities such as reading, watching TV, or using your phone.
- If unable to sleep within 20 minutes, get out of bed and do a relaxing activity until you feel sleepy.

Sleep Restriction

- Based on your sleep diary, calculate your average total sleep time.
- Set a fixed wake-up time and adjust your bedtime to ensure a sleep window that matches your average sleep time.
- **Gradually increase your time in bed as your sleep efficiency improves.**

Relaxation Techniques

Practice relaxation techniques to help you wind down before bed:

- Deep breathing exercises
- Progressive muscle relaxation
- **Visualization or guided imagery**

Sleep Hygiene

- Maintain a regular sleep schedule.
- Create a comfortable sleep environment.
- Limit caffeine and alcohol intake.
- Avoid heavy meals close to bedtime.
- **Get regular exercise, but not close to bedtime.**

Weekly Goals

Set specific goals for the upcoming week.

Goal 1: Reduce caffeine intake to one cup of coffee in the morning

Goal 2: Turn off all screens at least one hour before bedtime

Goal 3: Practice progressive relaxation before bed each night

Cognitive Restructuring

Identify negative thoughts that may be affecting your sleep.

I'll never be able to sleep well

What evidence supports these negative thoughts?

Struggling with sleep for several months.

What evidence disproves these thoughts?

Had good sleep in the past, improving with CBT-I techniques.

Create an alternative, more balanced thought after considering the evidence.

Improving my sleep will take time, but I'm making positive changes.

Sleep Diary: Night 1

For the next week, record the following details each morning.

| | |
|--|------------------------------------|
| Date: | Time spent awake during the night: |
| Feb 19 | 4 hours |
| Time you went to bed: | Time you woke up: |
| 11 pm | 7:16 am |
| Time you fell asleep: | Time you got out of bed: |
| 12:30 pm | 7:43 am |
| Number of awakenings during the night: | Quality of sleep (1-10): |
| 6 | 4 |

Comments/Notes:

Drank coffee late, watched TV in bed

Sleep Diary: Night 2

For the next week, record the following details each morning.

| | |
|--|------------------------------------|
| Date: | Time spent awake during the night: |
| Feb 20 | 3.5 hours |
| Time you went to bed: | Time you woke up: |
| 10:45 pm | 7:20 am |
| Time you fell asleep: | Time you got out of bed: |
| 12 pm | 7:35 am |
| Number of awakenings during the night: | Quality of sleep (1-10): |
| 5 | 5 |

Comments/Notes:

Less caffeine, read a book instead of TV

Sleep Diary: Night 3

For the next week, record the following details each morning.

| | |
|--|------------------------------------|
| Date: | Time spent awake during the night: |
| Feb 21 | About an hour and half |
| Time you went to bed: | Time you woke up: |
| 10:40 pm | 7:08 am |
| Time you fell asleep: | Time you got out of bed: |
| Around 11:20 pm | 7:10 am |
| Number of awakenings during the night: | Quality of sleep (1-10): |
| 3 or 4 | 6 |

Comments/Notes:

No caffeine after noon, relaxed before bed

Sleep Diary: Night 4

For the next week, record the following details each morning.

| | |
|--|------------------------------------|
| Date: | Time spent awake during the night: |
| Feb 22 | 1 hour |
| Time you went to bed: | Time you woke up: |
| 10:30 pm | 7 am |
| Time you fell asleep: | Time you got out of bed: |
| Around 10:45 pm | 7:10 am |
| Number of awakenings during the night: | Quality of sleep (1-10): |
| 2 | 7 |

Comments/Notes:

Felt more relaxed, used guided imagery

Sleep Diary: Night 5

For the next week, record the following details each morning.

| | |
|--|------------------------------------|
| Date: | Time spent awake during the night: |
| Feb 23 | 30 minutes |
| Time you went to bed: | Time you woke up: |
| 10:32 pm | 6:55 am |
| Time you fell asleep: | Time you got out of bed: |
| Around 10:45 pm | 7 am |
| Number of awakenings during the night: | Quality of sleep (1-10): |
| 2 | 8 |

Comments/Notes:

I fell asleep while doing progressive muscle relaxation. Helped a lot

Sleep Diary: Night 6

For the next week, record the following details each morning.

| | |
|--|------------------------------------|
| Date: | Time spent awake during the night: |
| Feb 24 | Around 20 minutes |
| Time you went to bed: | Time you woke up: |
| 10:30 pm | 6:40 am |
| Time you fell asleep: | Time you got out of bed: |
| Within 5 minutes or so | 6:45 am |
| Number of awakenings during the night: | Quality of sleep (1-10): |
| 1 | 9 |

Comments/Notes:

Best night so far, felt calm. Did all the things I've been learning this week

Sleep Diary: Night 7

For the next week, record the following details each morning.

| | |
|--|---|
| Date: | Time spent awake during the night: |
| Feb 25 | Less than 10 mins, just woke up to whiz |
| Time you went to bed: | Time you woke up: |
| 10:30 pm | 6:30 am |
| Time you fell asleep: | Time you got out of bed: |
| About 2 minutes after lying down | Within the same minute of waking up |
| Number of awakenings during the night: | Quality of sleep (1-10): |
| 1 | 9 |

Comments/Notes:

Consistent routine is working well, fell asleep while doing progressive muscle relaxation again

Healthcare Professional's Additional Notes and Recommendations

Good work with the reduced caffeine intake, established a relaxing bedtime routine, improved sleep quality. Continue with current routine, focus on managing work-related anxiety.

Daniel has made significant progress in improving sleep habits and reducing anxiety. Continued practice of relaxation techniques and maintaining a regular sleep schedule are recommended. Consider exploring additional strategies for managing work-related anxiety to further enhance sleep quality.