

## CHANGING SLEEP THOUGHTS

<b>My Sleep Defeating Thoughts:</b>	<b>Reframed Thoughts That Are More Positive And Realistic:</b>
"I always have a hard time getting enough sleep."	"For most of my life sleep hasn't been a problem for me. My body knows what to do."
"I'm going to be tired tomorrow and I need to feel good."	"As long as I get my core sleep, I'll be able to function just fine."
"Darn it, I'm still awake!"	"I always fall asleep sooner or later. Let me use this time to practice breathing and thinking relaxing thoughts."

**Add yours here:**

<b>My Sleep Defeating Thoughts:</b>	<b>Reframed Thoughts That Are More Positive And Realistic:</b>