

IDENTIFYING MY SLEEP DETRACTORS

Do I feel anxious at the thought of going to bed? What are my thoughts around this?

Do I often find that my mind is racing when I lie in bed? What are my racing thoughts?

Do I try to fall asleep, or do I just let it happen? _____

Is my sleep easily disrupted when I'm in a different setting or if I have a big day the next day and feel that I need a good night's rest? _____

Does my pain affect my sleep, does my sleep affect pain? _____

CHANGING SLEEP BEHAVIORS

List at least three things to take away or change in order to achieve better sleep. They can be thoughts, foods, behaviors, items, etc. _____

List at least three things to add in order to achieve better sleep. _____
