WORKSHEET 24 · FOR THE PSYCHOLOGIST

When thoughts keep you awake

Preparing for the night and getting out of bed when ruminating

AIM

Reduce mental activation at bedtime (worries, rumination, monitoring sleep) and strengthen the association between bed and sleep.

WHO IT IS FOR

Difficulty falling asleep or night-time waking because of thoughts. Does not replace an assessment in the case of chronic insomnia or a sleep disorder.

DURATION

15 min in session; follow-up over 2 weeks

HOW TO RUN IT

1. Explore what happens at bedtime: thoughts, checking the time, efforts to sleep.
2. Suggest “emptying your head” in the early evening, 1-2 hours before bed: noting worries and the next action (link with worksheet 02).
3. Plan a calm transition time, without screens.
4. If wakefulness drags on (about 20 minutes, without checking the time), get up, do something calm in soft light and go back to bed when sleepiness returns.
5. Track progress with the table on page 2.

POINTS TO WATCH

> Don’t try to “force” sleep, as that increases activation. If there is chronic insomnia, refer to structured CBT for insomnia (CBT-I); if there is snoring, marked daytime sleepiness or night-time movements, refer to a doctor.

REFERENCES

Harvey, A. G. (2002). A cognitive model of insomnia. Behaviour Research and Therapy, 40(8), 869-893.

Bootzin, R. R. (1972). Stimulus control treatment for insomnia. Proceedings of the 80th Annual Convention of the American Psychological Association, 7, 395-396.

PSYCHOLOGIST’S NOTES

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WORKSHEET 24 · WORKSHEET TO HAND OUT

When thoughts keep me awake

Best done with your psychologist

Bed can become the place where you worry. These habits help give it back to sleep. Sleep can't be forced: you prepare the ground for it.

1. In the early evening, 1-2 hours before bed: I write down my worries and, for each one, the next possible action.
2. I take some calm time without screens before going to bed.
3. If I'm not sleeping and I'm going over things (about 20 minutes, without checking the time): I get up and do something calm somewhere else.
4. I go back to bed when I feel sleepy again.

Night of	Did I empty my head?	Did I get up? (yes/no)	Sleep quality /10

What helps my nights most?

These exercises do not replace therapy. If you are in distress or having suicidal thoughts: 112 (European Union), 3114 (France) or the emergency number of the country where you live.

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