



Journal:

# Insomnia

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# Cures for Insomnia

(video: 19 minutes)

Sleep and insomnia perceptions

Hours expected:

Times for sleeping:

Unrealistic expectations:

Substances:

Caffeine

Alcohol

Nicotine

Others

Medications:

Eating Causes:

Obesity

Anorexia/Hunger

Sleep Hygiene:

Alarms

Sleep environment:

Bed

Clothing

Temperature

Darkness

Quiet

Clocks

Ritual

Habits of work, eating, television

Napping

Avoid stress/stimulation

Write down then attend to what was bothering you the next day:

Medical conditions:

Psychiatric conditions:

Screens:

Other resources:

*Self-Esteem and Goal setting track*

*Addictions track*

*Diet and Exercise track*

Anxiety management

Depression management

Trauma / Abuse