Trouble Sleeping ‘First Response’ Plan

**1. RECOGNISING**

What triggers trouble sleeping for you at the moment?

*E.g. looking at news headlines at night, staying in the house all day*

What thoughts, feelings, body sensations, and behaviours arise when you have difficulty sleeping?

*E.g. ‘I’m going to be so tired tomorrow’, anxiety, restlessness*

In your experience, what ways of reacting to sleeplessness in the moment make things worse? What about the next day?

*E.g. going on phone; napping*

**2. RESPONDING**

What ways of responding to sleeplessness do you find helpful in the moment? What about the next day?

*E.g. get up and read; exercise*

What practices or concepts have you learned from the mindfulness practices that would be helpful first responses to trouble sleeping?

*E.g. recognizing driven doing mode, grounding*