



Exercise: Introspection

Goal

Maximize the benefits of your sleep diary. You will also learn to better structure your thoughts and feelings.

Instructions

Think of a recent situation that you found stressful. Analyze it by answering the questions below.

Situation: Where were you? What were you doing? When did this happen?

Example: In bed, awake, at 2 a.m.

What kinds of thoughts turned up in relation to sleep, insomnia or tiredness?

Example: "I know I will not sleep tonight either."



What emotions did you feel (emotional intensity from 0 to 100%)?

Example: Anxiety 80% and anger 60%

What physical sensations did you notice?

Example: The back of my neck felt tight and I was finding it difficult to breathe.

What did you do?

Example: I did not fall asleep and only became more anxious.



Now try to reframe your negative thought and see if it changes how you feel.

A. Reframed thought

Example: "There is no way to tell in advance how tonight will go." Or "I will just lie here for a moment and try articulatory suppression."

B. Did reframing your thought change the associated feeling?

Example: My breathing calmed down.