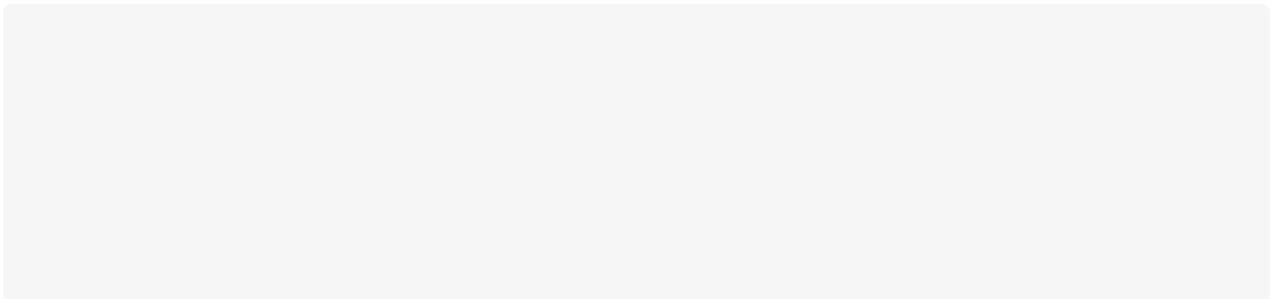


Create a Can't Sleep Plan (1/2)

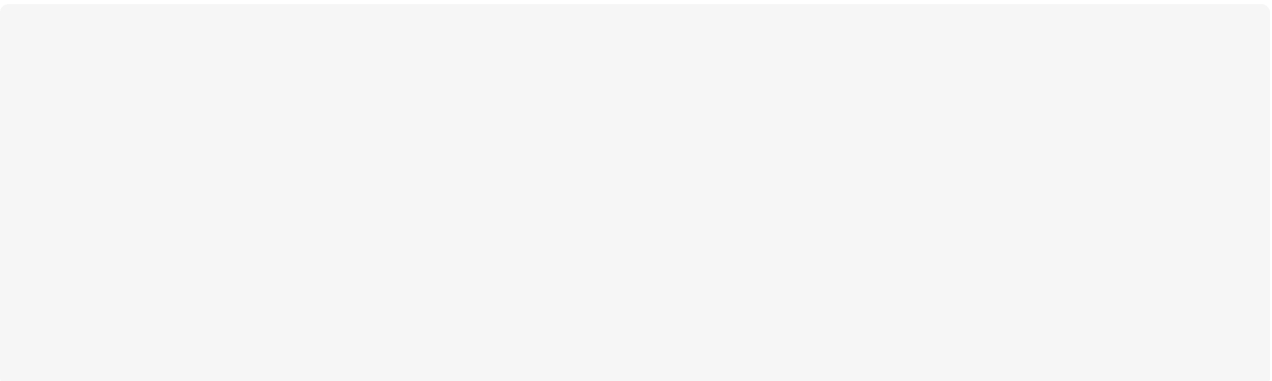
When you're struggling to fall asleep, it's difficult to follow through on the actions that will help address insomnia in the long-run. A Can't Sleep Plan is a simple three-step plan, summarized on a one-page cheat sheet. Having a clear roadmap with "best practices" reduces the risk of defaulting to unhelpful behaviours and removes the burden of decision-making in the moment. Here is the simple three step plan:

- 1. Ensure you have enough sleep potential:** First determine if you have enough potential for sleep in the moment. If you don't yet have the potential to sleep, engage in other activities until it's time to start powering down for sleep.
- 2. Address sleep blockers:** If you have enough sleep potential but you don't feel sleepy, leave the bed and/or stay out of bed until you're on the verge of sleep. Stop activating activities. Address environmental factors keeping you from being able to settle (light, temperature, noise, disruptions by others in the home).
- 3. Power down & calm a busy mind:** If you have enough potential and you have addressed obvious sleep blockers, you can mix and match the following four strategies: distract, capture, reframe and relax

Brainstorm activities you can go to when unable to sleep (DISTRACT):

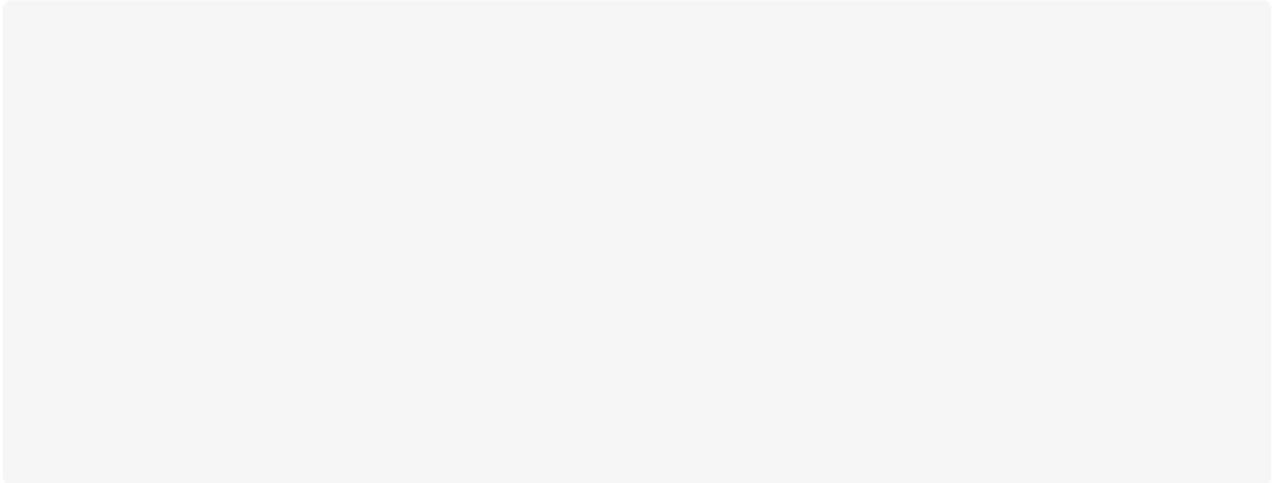


Jot down relaxation strategies or tools that have been helpful in the past. If you have not found relaxation strategies helpful, then feel free to ignore this option for now.

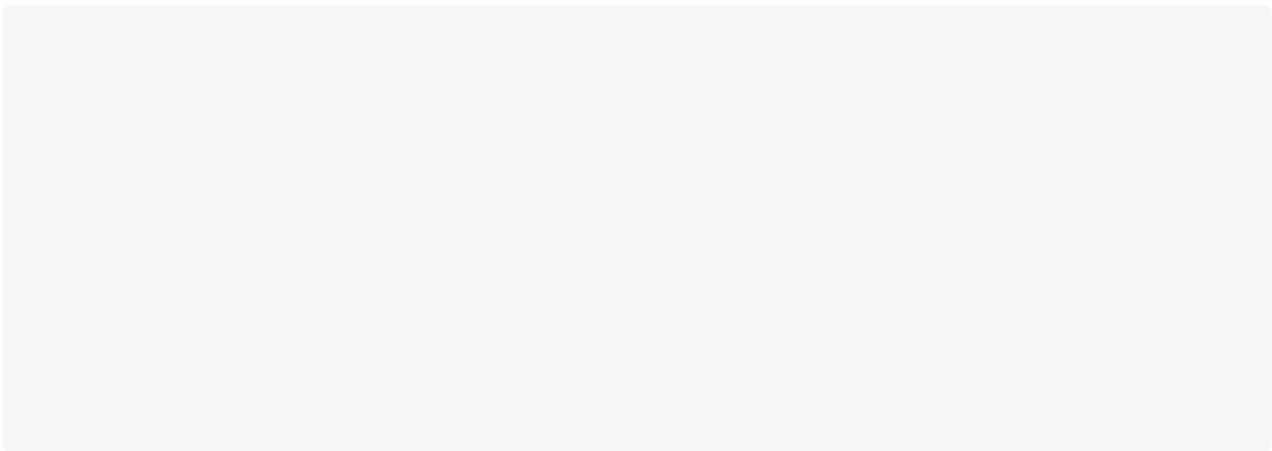


Create a Can't Sleep Plan (2/2)

What are common thoughts that show up you are unable to sleep?



What thoughts might be more helpful in moments when you are unable to sleep (REFRAMES)? If you are unsure, you can leave this blank and ask for help in the next session.



Now, complete the Can't Sleep Plan template provided on the following page and store a copy in your Sleep Kit for easy accessibility. Utilize this plan at the beginning, middle, and/or end of the night whenever you experience difficulty sleeping.

Remember: Your initial version of the Can't Sleep Plan might require adjustments as you test it out and identify what works best for you. Aim for this plan to be easy to use in the moment; it doesn't have to be perfect, just 'good enough' for the duration of the Reset. In Phase 2 of the program, you'll acquire additional valuable skills to incorporate into this plan