

Limiting Thoughts About Sleep

Adapted from Gregg Jacobs, Ph.D.

Limiting, distorted, unhelpful sleep cognitions (also called Negative Sleep Thoughts or NSTs) are instrumental in perpetuating the cycle of emotional arousal (anxiety, frustration, or fear), psychophysiological activation, and insomnia.

Top 10 unhelpful sleep thoughts:

- "I'm dreading bedtime."
- "I must get eight hours of sleep."
- "I won't be able to function tomorrow if I don't sleep well tonight."
- "I only slept four hours last night, so I'll never be able to function today."
- "I HAVE to sleep tonight."
- "My insomnia is going to cause me health problems."
- "I can't fall asleep without a sleeping pill."
- "I didn't sleep at all last night."
- "I will never fall asleep."
- "I woke up in the middle of the night/early morning and feel wide awake. This means I will not be able to fall back to sleep."
- "I feel terrible today due to my insomnia."
- "I will never learn to sleep better."
- "What is wrong with me? I must have a psychological problem."