

## POSITIVE SLEEP THOUGHTS

Adapted from Gregg Jacobs, Ph.D.

- My performance will not suffer significantly if I get my core sleep.
- I'm probably getting more sleep than I think I am.
- My daytime functioning is not just affected by my sleep.
- Since I have survived nights of insomnia before, I can do it again.
- If I didn't sleep well last night, I am more likely to sleep well tonight due to a biological pressure to recover my core sleep.
- My daytime functioning is due in part to my negative sleep thoughts. By working on these thoughts, my daytime capacity will improve.
- Sleep requirements vary from person to person.
- There is no cause-and-effect evidence that insomnia causes any significant health problems.
- Sleeping 6 to 7 hours per night is associated with the longest life expectancy.
- In most cases, the worst thing that my happen if I don't sleep well is that my mood will be impaired during the day.
- If I awaken after about 5 and ½ hours of sleep, I have gotten my core sleep.
- I'm more likely to fall asleep as my body temperature falls throughout the night.
- It is normal to initially feel alert if I awaken at the beginning or end of a dream. Drowsiness will soon follow.
- My functioning will improve during the day as my body temperature rises.
- My sleep will be improving as I learn these behavioral techniques.
- These techniques have worked for others, they will work for me.
- Sleep loss does not always have a significant impact on my daytime functioning.
- I can handle sleep loss, especially if it is only happening a few nights per week.
- As I learn these CBT techniques, I will fall asleep more easily on my own.
- These techniques work for most people with insomnia, they will work for me.
- I am better off without sleeping pills since many of them cause a hangover effect and reduce my deep sleep.
- Sleeping pills do not work that well anyway, since part of their effect is actually a placebo effect.
- It will become easier to fall asleep without a sleeping pill the more I try it.
- Most cases of insomnia are due to learned thoughts and behaviors, not mental health problems.
- Insomnia is very common. It affects over half of adults.