

Action Plan for Addressing Insomnia

Insomnia can return but now that you know how to address it, you need not worry about whether it returns. What parts of this program seemed to work well for you? Please check all that apply

- Keeping the same wake-up time every day (no matter how much sleep you get)
- Going to bed when you are sleepy but never before your regular bedtime
- Getting out of bed when you are unable to sleep
- Creating a buffer zone before bed
- Getting out of bed if you find yourself worrying or you cannot shut off your thoughts
- Engage in worrying or problem-solving earlier in the evening
- Limiting the amount of time you spend in bed each night
- Using the bed for sleeping only
- No napping
- Try not to have caffeine or alcohol, smoke cigarettes or engage in exercise within a few hours of your bedtime

Are you currently doing all of the checked recommendations? If yes, and you continue to have problems, please call your therapist and schedule a refresher session.

If you notice new sleep-related problems, please contact your doctor and schedule an appointment. Such problems can include:

- loud snoring
- stopping breathing, breathing pauses, gasping or snorting during sleep
- falling asleep unintentionally/dozing during the day
- a creepy-crawly sensation in your lower legs in the evening along with an irresistible urge to move your legs to get rid of the sensation
- very frequent leg jerking during the night
- any other unusual new sleep experiences

Remember, you mastered the insomnia before, and you'll master it again