

Beliefs to Challenge

1. I need 8 hours of sleep to feel refreshed and function well during the day.
2. When I don't get the proper amount of sleep on a given night, I need to catch up the next day by napping or the next night sleeping longer.
3. I am concerned that chronic insomnia may have serious consequences on my physical health.
4. I am worried that I might lose control over my abilities to sleep.
5. After a poor night's sleep, I know it will interfere with my activities the next day.
6. To be alert and function well during the day, I believe I would be better off taking a sleeping pill rather than having a poor night's sleep.
7. When I feel irritable, depressed or anxious during the day it is mostly because I did not sleep well the night before.
8. When I sleep poorly one night, I know it will disturb my sleep schedule for the whole week.
9. Without an adequate night's sleep, I can hardly function the next day.
10. I can't ever predict whether I'll have a good or poor night's sleep.
11. I have little ability to manage the negative consequences of disturbed sleep.
12. When I feel tired, have no energy or just seem not to function well during the day, it is generally because I did not sleep well the night before.
13. I believe insomnia is essentially the result of a chemical imbalance.
14. I feel insomnia is ruining my ability to enjoy life and prevents me from doing what I want.
15. Medication is probably the only solution to sleeplessness.
16. I avoid or cancel obligations (social, family) after a poor night's sleep.