

CBT-I Session 4:

Working with Adaptive Thoughts

Agenda

Introducing the adaptive sleep thoughts worksheet

Working on our own examples

Analyzing our sleep

Sleep Prescription

Wrap Up

Adaptive Sleep Thoughts Worksheet

Adaptive Sleep Thoughts Worksheet

Situation: Not sleeping

Feelings:	Strongest Feeling: Intensity rating (0–100) now: Intensity rating (0–100) later:
Thoughts associated with strongest feeling: <i>Circle your main unsettling sleep thought.</i> <i>Does this thought involve fortune-telling, catastrophizing, underestimating your ability to manage your sleep, setting a standard, or other?</i>	
Counter-statements: <i>Choose one that is realistic and that lowers the intensity of your feeling.</i>	
Your main adaptive sleep thought: <p>Remember to PRRR tonight!</p>	

Does this thought involve: fortune-telling, catastrophizing, underestimating your ability to manage your sleep, setting a standard, or other?

Counter-statements:

I can't predict the future. I suppose it is possible that I will be able to sleep well at some point.

I am doing something called CBT-I so I am trying a strategy that may help my sleep.

One night at a time. That's all I need to focus on now.

Choose one that is realistic and that lowers the intensity of your feeling

Counter-statements:

- More realistic, boring, not “positive thinking”, not the opposite
- Find a balanced statement that acknowledges aspects of your unsettling thought but takes a more neutral perspective.
- Can use knowledge about sleep and insomnia + your personal experience

Choose one that is realistic and that lowers the intensity of your feeling

Your main adaptive sleep thought:

WORKING WITH ADAPTIVE SLEEP THOUGHTS

Together we are going to work through an example using the adaptive sleep thoughts worksheet.

After this we will take about 15 minutes for everyone to complete this work sheet on their own using a thought you have regularly while trying to sleep. We will be available to help you as needed.

Analyzing Sleep Diary – Sleep Efficiency

85%-95%

- **Great Result!** When you are in bed you are spending most of your time asleep

70%-84%

- **Some opportunity for improvement.** Ideally, you should be spending a larger portion of your time in bed asleep.

<70%

- **Lots of opportunity for improvement.** You are spending more time in bed while awake than recommended. You may be finding it difficult to get to sleep, stay asleep or both.

Sleep Restriction

We stop the sleep restriction when:

- You report sleepiness
- It takes you 10 minutes or less to fall asleep
- Sleep efficiency rises to above 90%

- Complete “Assessing Your Level of Alertness Worksheet”

Sleep Restriction

If last week's sleep efficiency was:	This week's sleep prescription bedtime is:
Less than 85%	15 minutes later
85-89%	Unchanged
Greater than 90%	15 minutes earlier
Greater than 95%	30 minutes earlier

Sleep Prescription

My Sleep Prescription

Bed Time:

Rise Time:

Remember: Sleep Rules

- Get up and out of bed when you can't sleep
- Avoid daytime napping

At home:

Work on challenging your thoughts using the adaptive sleep thoughts worksheet.

Follow “six steps to solid sleep” using your most recent threshold bedtime and threshold rise time

Complete CBT-I coaching app each morning and bring in next week

IF YOU ARE UNABLE TO MAKE A SESSION – EMAIL YOUR SLEEP DIARY THROUGH THE CBTI-I APP
to:

cbti@mosspsychology.com

Wrap Up exercise: Mindfulness of Thoughts Exercise