# Structured Decision Tree – Sleep Disorders (RAG-Ready Tags)

[NODE\_A] Is the main complaint related to difficulties falling asleep or staying asleep?

[NODE\_A1] Difficulty falling asleep (Sleep-onset insomnia)?

[NODE\_A1A] Cognitive hyperactivation at bedtime (ruminations, control, etc.)?

[LEAF\_A1A1] Mental spirals, intrusive thoughts, somatic tension before sleep → [SCRIPT\_A: "Taming Sleep and Reconnecting with Inner Safety"] {Level: 2}

#Tags: #sleep\_onset #rumination #control

[NODE\_A2] Difficulty staying asleep (frequent awakenings)?

[NODE\_A2A] Nocturnal hypervigilance (small noises, scanning)?

[LEAF\_A2A1] Repeated awakenings with mental scanning and pressure to sleep → [SCRIPT\_B: "Let the Night Watch Over Me"] {Level: 2}

#Tags: #nocturnal\_awakenings #hypervigilance #anticipatory\_anxiety

[NODE\_A3] Insomnia linked to trauma or emotional hyperactivation?

[NODE\_A3A] History of relational trauma or abuse?

[LEAF\_A3A1] Severe chronic insomnia, post-traumatic hypervigilance → [SCRIPT\_C: "Return to the Night"] {Level: 3}

#Tags: #chronic\_insomnia #trauma #night\_fear

[NODE\_A4] Loneliness, parental overload or emotional exhaustion?

[LEAF\_A4A1] Fatigue, self-pressure, emotional isolation → [SCRIPT\_D: "Soothing Loneliness and Finding an Inner Resting Space"] {Level: 3}

#Tags: #emotional\_fatigue #overload #isolation

[NODE\_A5] Young adult with relational hypervigilance and insomnia?

[LEAF\_A5A1] Family conflict, vigilance, mental overactivation → [SCRIPT\_E: "Let the Body Digest What the Mind Holds On To"] {Level: 3}

#Tags: #adolescent\_sleep #hypervigilance #family\_conflict

[NODE\_B] No primary sleep complaint → Explore adjacent issues (e.g., anxiety, food regulation, emotional dissociation)

Summary Table:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Node | Symptom Summary | Script | Level | Tags |
| LEAF\_A1A1 | Mental spirals, intrusive thoughts | Taming Sleep and Reconnecting with Inner Safety | 2 | #sleep\_onset #rumination #control |
| LEAF\_A2A1 | Night awakenings with hypervigilance | Let the Night Watch Over Me | 2 | #nocturnal\_awakenings #hypervigilance #anticipatory\_anxiety |
| LEAF\_A3A1 | Severe insomnia with trauma background | Return to the Night | 3 | #chronic\_insomnia #trauma #night\_fear |
| LEAF\_A4A1 | Fatigue, overload, isolation | Soothing Loneliness and Finding an Inner Resting Space | 3 | #emotional\_fatigue #overload #isolation |
| LEAF\_A5A1 | Adolescent insomnia with family stress | Let the Body Digest What the Mind Holds On To | 3 | #adolescent\_sleep #hypervigilance #family\_conflict |