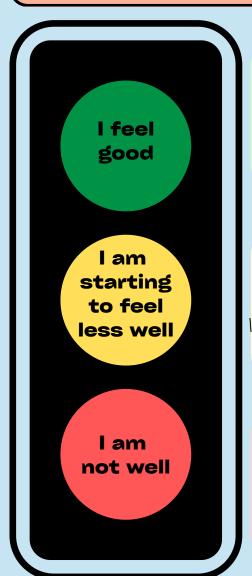
TRAFFIC LIGHT SIGNALS

Signals:

What do you notice about yourself? What do others notice about you?

Actions:

What can I do? Which strategies are helpful?



Signals

I fall asleep within 30 minutes.
I feel rested in the morning.
My mood is stable, I feel calm and focused.
I'm not thinking about sleep during the day.

Signals

I take a long time to fall asleep.
I feel anxious about going to sleep.
feel tired during the day but can't sleep at night.
I watch the clock at night.

Signals

I'm sleeping less than 4 hours a night.
I dread bedtime and feel panic when I can't sleep.
I'm exhausted, irritable, and teary during the day.
I'm avoiding doing things I enjoy because they're too hard.

Actions

I have consistent sleep and wake times.
I avoid screens an hour before bed.
I exercise most days.
I only have coffee in the morning.

Actions

Do some deep breathing before bed
Get out of bed if I can't sleep after 20 minutes
and do something quiet until I feel sleepy.

Avoid napping during the day.
Challenge anxious sleep thoughts with helpful
alternatives.

Actions

Practice thought challenging and use thought records throughout the day.

Make sure I go to sleep and wake up at the same time.

Use paradoxical intention to take away the

Use paradoxical intention to take away the pressure to sleep.