

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?

**I feel
good**

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.

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.

**I am
starting
to feel
less well**

Signals

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

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.

**I am
not well**

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

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
pressure to sleep.