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Are you feeling as though sleep has become a difficult part of your day to day life? Maybe you're finding it difficult to fall asleep, stay asleep or are waking up extremely early and it is now affecting how you function during the day. This worksheet has been designed to help you overcome sleep issues and remember that it is a natural part of being a human being and so can become easy again.

What is going on?

Use this table to identify what is going on for you, before, during and after sleep.

Day	What did you do before you got in bed?	How did you feel when you got into bed?	Did you wake during the night? If yes, how many times? Do you know what reason you woke up? (nightmare/toilet)	What time did you wake up in the morning? Did you get out of bed immediately?	Did you have a nap during the day?	How much caffeine did you consume, if any, during the day? What time did you eat your last meal?
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

What can I do next?

Hopefully you may have identified some patterns in behaviour from filling out your sleep diary. Now you can look to make some changes.

1. Decide on a time to go to bed and a time to wake up and stick to them. Or, if you feel you would benefit from going to bed earlier, increase the time gradually by half an hour each evening.

Going to bed time _____

Wake up time _____

2. Can you remember a time when sleep came more easily to you? (Without intervention of drugs, medicine or alcohol).

3. Decide on a 'wind-down routine that would work for you and stick to it. For example, stop watching TV an hour before bed, read a book for half an hour, clean teeth and put on pyjamas, lay in bed and listen to calming music or a hypnotherapy recording.

4. Decide on a happy memory or a happy place that you can think about when you get into bed. Or have a read of my blog about self-hypnosis. [Self-hypnosis- how to use it. – Alison Ralph \(alisonralph-therapy.co.uk\)](#)

5. Decide how you will help yourself go back to sleep again if you wake in the night. For example, listening to the calm music, thinking of the happy place or memory, listening to a hypnotherapy recording.

6. Consider your food and drink intake on the run up to bedtime and choose a time that you will stop eating and drinking.
Having a read of my blog here will give you an insight into how caffeine is affecting you
[Let's talk caffeine: how does caffeine affect my health – Alison Ralph \(alisonralph-therapy.co.uk\)](http://www.alisonralph-therapy.co.uk)

7. Once you have made these changes and had a night's sleep, look at what went well and what may need to be tweaked slightly.
