

Thought Record for Sleep

Challenge Anxious Thoughts That Keep You Awake

HOW TO USE THIS WORKSHEET

When you notice racing thoughts at bedtime, use this record to examine them. Write down the automatic thought, then work through each column. The goal is not to eliminate thoughts but to develop a more balanced perspective. An example is provided in the first row.

THOUGHT RECORD

Situation / Time	Automatic Thought	Emotion & Intensity (0-10)	Evidence For & Against	Balanced Thought
11:30 PM, lying in bed, can't sleep	"If I don't sleep tonight, tomorrow will be a disaster."	Anxiety: 8/10 Frustration: 7/10	For: I was tired last Tuesday after a bad night. Against: I've had bad nights before and still managed. Nobody noticed. One night rarely ruins a day.	I may be tired, but I'll get through the day. Worrying now is making sleep harder.

COMMON SLEEP-RELATED THINKING TRAPS

Thinking Trap	Example Thought	More Balanced Alternative
Catastrophizing	"I'll never function tomorrow"	"I may be tired but I'll manage — I have before"
All-or-nothing	"I need 8 hours or it's pointless"	"Any sleep helps. There's no magic number"
Mind-reading	"Everyone can tell I didn't sleep"	"People usually can't tell. I'm my harshest judge"
Fortune-telling	"Tonight will be another bad night"	"I don't know how tonight will go. Some nights surprise me"

Tip: You don't need to fill this out every night. Practice it a few times with your most persistent thoughts. Over time, you'll learn to catch and reframe them automatically.