A PAUSE, A PRACTICE, A NEXT STEP

Insomnia Disorder

When sleep stays hard even with time to rest.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Jot down a few mornings

After you get up, write roughly when you went to bed, when you got up, and how you feel. A rough guess is fine. There is no need to watch the clock at night.

01 / Notice and reflect

What part of the night is hardest?

02 / Notice and reflect

How has sleep affected something I do during the day?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Talk with a clinician if sleep trouble affects your days. If you feel sleepy at the wheel, pull over safely and arrange another way to travel. Tell your provider if this keeps happening.

Read more: National Heart, Lung, and Blood Institute · How insomnia is diagnosed

More tools and immediate support: Our Healing Room / Crisis Support.

U.S. crisis support: call or text 988. In immediate danger, call 911.