A PAUSE, A PRACTICE, A NEXT STEP

Sleep

Build conditions for rest, without forcing sleep.

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.

Safety comes first

Do not start a sleep-restriction schedule or use sedating medicines, supplements, or alcohol as a self-directed sleep treatment. Ask your clinician for an individualized plan.

Choose a realistic daily anchor

Try a reasonably consistent wake-up time that fits your responsibilities. Seek support when shift work, caregiving, or school schedules make this difficult.

01 / Notice and reflect

What tends to happen before a difficult night?

02 / Notice and reflect

Which small routine change is realistic?

03 / One next step

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

When to seek help: Seek care for persistent sleep problems, loud snoring with breathing pauses, severe daytime sleepiness, or sleep difficulties that affect daily life. Do not drive when sleepy. Markedly reduced sleep with unusually high energy or risky behavior needs prompt assessment.

Read more: NHLBI · Sleep disorder treatments

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

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