







*It's late and I don't feel sleepy.  
I don't need to like this,  
but I accept it.*







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## PREP FOR TOMORROW

What does tomorrow look like for you? You may find it helpful to write a simple, realistic 'to do' list. Make sure each item on your list is a 'SMART' task.

Ask yourself, is it:

**S**pecific?

(What do I want to accomplish?)

**M**easurable?

(How will I know when I've done it?)

**A**chievable?

(How will I accomplish this?)

**R**elevant?

(Is it essential that I do this today?)

**T**ime-bound?

(What's my time-frame for this?)

When we have an idea of the things that we will do and how we will cope with them, we are less prone to worry and stress. This can help us feel more relaxed and sleep better.



## “THANKS MIND”

When we have trouble sleeping, our minds can create a lot of anxious thoughts about the experience of insomnia and what tomorrow will be like as a consequence of it. Next time you notice these kinds of thoughts, remind yourself that your mind is simply doing its job. With its survival instinct, it is trying to keep you safe from potential threats to your wellbeing. Offer your appreciation by saying *“Thanks Mind”*, and really try and mean it. Thanking the mind in this way can help to reassure your brain that you are safe, even though you have insomnia.

It also gives you some distance from your thoughts, which can help you to untangle yourself from them.



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