

Action Plan for Addressing Insomnia in the Future

Insomnia can return but now that you know how to address it, you need not worry about whether it returns. Check the parts of this treatment that have worked well for you, even those that were difficult to follow and use them when you re-experience insomnia. Please check all the treatment parts that were helpful for you and anything else that may not be listed.

- Keeping the same wake-up time every day (no matter you much sleep you get)
 - Not trying too hard to sleep
 - Going to bed when you are sleepy but never before your regular bedtime
 - Getting out of bed when you are unable to sleep
 - Creating a buffer zone before bed
 - Getting out of bed if you find yourself worrying or you cannot shut off your thoughts
 - Engage in worrying or problem-solving earlier in the evening
 - Limiting the amount of time you spend in bed each night
 - Using the bed for sleeping only
 - No napping (except for short safety naps)
 - Try not to have caffeine or alcohol, smoke cigarettes or engage in exercise within a few hours of your bedtime
 - Other
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If despite following all of the checked recommendations you continue to have problems, please call your therapist and schedule a refresher session.

If you notice new sleep-related problems, please contact your doctor and schedule an appointment. Such problems can include

- loud snoring
- stopping breathing, breathing pauses, gasping or snorting during sleep
- falling asleep unintentionally/dozing during the day
- a creepy-crawly sensation in your lower legs in the evening along with an irresistible urge to move your legs to get rid the sensation
- very frequent leg jerking during your sleep
- any other unusual new sleep experiences

Remember, you mastered the insomnia before, and you'll master it again.