PRACTICAL RESOURCE

After a Difficult Night's Sleep

A reflection sheet for reducing the anticipatory pressure that can build after a poor night's sleep.

One bad night can become two problems
There is the tiredness itself - and then there is the story your mind starts telling about tonight, tomorrow and whether you will cope. This sheet focuses on reducing that second layer of pressure.

What happened last night?

Describe it briefly and factually. Avoid turning it into a verdict about your sleep in general.

What is my mind predicting about tonight or tomorrow?

What am I tempted to do because of that prediction?

- Go to bed much earlier
- Cancel plans automatically
- Monitor how tired I feel all day
- Search for reassurance or sleep advice repeatedly
- Try very hard to force sleep tonight
- Something else: _____

Separate tiredness from catastrophe

What is genuinely difficult today?

Name the real effects of tiredness without minimising them.

What am I adding?

What conclusions or predictions am I making that go beyond the facts?

A calmer plan for today

What ordinary, reasonable adjustments would help without reorganising the whole day around sleep?

A sentence for tonight

Write something that reduces performance pressure rather than demanding sleep. For example: 'My job is to rest and allow the night to unfold; I do not have to make sleep happen.'

Remember
Sleep is not an exam. The harder you monitor and demand it, the more pressure can enter the process. Aim for a normal, low-pressure evening rather than a rescue mission.

A useful boundary
Persistent or significant sleep problems can have many causes. This resource is not a diagnosis or a substitute for medical assessment when that is needed.