



## Be Pain Smart – Sleep

### Sleep and worry worksheet

If you are having trouble falling to sleep or getting back to sleep, try writing down your worries and make a plan to work on them the next day. Writing your worries down and getting them out of your head, can help you to let them go.

Leave a pen and some paper by your bed to help you. Try using the handout below instead of a phone or device, which can interfere with your sleep.

#### Example worry worksheet

##### What am I worried about at the moment?

*I am worried about my finances. There seems to be more bills every day. I am struggling to pay the old bills, and then new ones appear.*

*I am worried that I will not be able to pay my rent. If I get evicted, I do not know what I will do.*

##### Can I do something about this right now?

*Probably not. I do have a budget in place and if I stick to it I will be able to pay my bills off.*

*There is nothing I can do at 12:00am to help me with this problem.*

##### When will I make some 'worry time' to focus on this worry?

*I will plan some 'worry time' tomorrow at 2:30pm to think about this problem.*



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Now it is your turn, give this section a go the next time you are having trouble sleeping.

**What am I worried about at the moment?**

**Can I do something about this right now?**

**When will I make some 'worry time' to focus on this worry?**

Go the '[worry time](#)' section on the anxiety brick to learn how to use worry time.