



Be Pain Smart – Sleep

Sleep thought swaps worksheet

Swapping unhelpful thoughts for more helpful ones, can help you manage your pain and meet your goals.

In the first column there are some common unhelpful thoughts you might have about your sleep. These are thoughts that other people in chronic pain have said that they have – are these thoughts familiar to you?

Next to these are some more helpful thoughts – you can call these **thought swaps**. These are thoughts that you can swap for your unhelpful thoughts about sleep.

UNHELPFUL THOUGHT		THOUGHT SWAP
<i>I will never get to sleep, my pain is too bad.</i>		<i>It might take me a while to get to sleep, but I will. Listening to a meditation will help me to relax.</i>
<i>I have not had enough sleep – I will be too tired tomorrow and my day will be ruined.</i>		<i>I have had less sleep than I would like, but I can still have a good day if I plan my activities around my energy levels and pace myself.</i>
<i>Even when I get to sleep, I will wake up due to my pain and it will be worse.</i>		<i>My pain does not always wake me up. Even if it does wake me up, it is better to have some sleep now.</i>
<i>I know I have to get up, but I have slept so poorly, it will be better to stay in bed to catchup on some sleep.</i>		<i>I might have slept poorly, but it is better to get up at the same time each morning to help my body clock get into a better pattern. This will help me to manage my pain in the long run.</i>
<i>This afternoon I am so tired, I need to have a long nap.</i>		<i>I am tired now and maybe a short nap might help, but I will not nap for too long because this will mess up my sleep tonight.</i>
<i>I am too tired to deal with the day or my pain. It will be easier to stay in bed.</i>		<i>It is hard managing my pain when I am tired, but if I get up and start my day slowly that will help my pain and sleep in the future.</i>



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Now, it's your turn to create your own **thought swaps**. They work better when they are personal to you. Take a moment to think of one of your common thoughts about your sleep. Write the thought below...

My unhelpful sleep thought...

Now think of a new, more helpful thought to swap with the old one.

My new, more helpful thought...



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Keep going with making more **thought swaps** about your sleep.

Write your unhelpful thoughts in the first column and then make a new, more helpful thought to swap it with.

UNHELPFUL THOUGHT	THOUGHT SWAP
	
	
	
	