

## A Rewired Sleep Journal Printable

### Barriers to Sleep

Before you begin the 28-Day Insomnia Repair Program, it's useful to think about the reasons sleep eludes you. I'm not suggesting you "self-diagnose", but it's a good idea to make a list in your Sleep Journal of any of these common causes of insomnia that you feel apply to you.

It may well be that you start by listing quite a lot of them, but by the time you reach the end of your Program, your list will have boiled down to just one or two. The point is to create a picture of where you are now and form your intention to be in a better place in 28-Days.

You might like to grade them to figure out which seem to you the most important ones for you.

Don't forget, this is an entirely private and personal record. It's just between you and your Sleep Journal.

#### Anxiety:

How bad a problem is Anxiety? (grade it 0-5) \_\_\_\_\_

How frequently does this issue keep you from sleeping.

Constant: \_\_\_\_\_ Frequent: \_\_\_\_\_ Occasional: \_\_\_\_\_ Never: \_\_\_\_\_

#### Stress:

How bad a problem is Stress? (grade it 0-5) \_\_\_\_\_

How frequently does this issue keep you from sleeping.

Constant: \_\_\_\_\_ Frequent: \_\_\_\_\_ Occasional: \_\_\_\_\_ Never: \_\_\_\_\_

#### Depression:

How bad a problem is Depression? (grade it 0-5) \_\_\_\_\_

How frequently does this issue keep you from sleeping.

Constant: \_\_\_\_\_ Frequent: \_\_\_\_\_ Occasional: \_\_\_\_\_ Never: \_\_\_\_\_

#### Trauma (PTSD):

How bad a problem is PTSD? (grade it 0-5) \_\_\_\_\_

How frequently does this issue keep you from sleeping.

Constant: \_\_\_\_\_ Frequent: \_\_\_\_\_ Occasional: \_\_\_\_\_ Never: \_\_\_\_\_

## Digestive Issues:

How bad a problem are Digestive Issues? (grade it 0-5) \_\_\_\_\_

How frequently does this issue keep you from sleeping.

Constant: \_\_\_\_\_ Frequent: \_\_\_\_\_ Occasional: \_\_\_\_\_ Never: \_\_\_\_\_

## Pain:

How bad a problem is Pain for you? (grade it 0-5) \_\_\_\_\_

How frequently does this issue keep you from sleeping.

Constant: \_\_\_\_\_ Frequent: \_\_\_\_\_ Occasional: \_\_\_\_\_ Never: \_\_\_\_\_

## Women:

Is Pregnancy or Menopause a factor in your problem with sleep?

Pregnancy: \_\_\_\_\_

Menopause: \_\_\_\_\_

Other hormonal issues: \_\_\_\_\_

## Drugs & other substances.

Are drugs a factor in your problem with sleep?

Yes, prescribed medication: \_\_\_\_\_

I'm recovering from an addiction: \_\_\_\_\_

Not at all: \_\_\_\_\_

## From the book, Rewired for Sleep

Which of the barriers that you identified do you feel might be more difficult to change?

Which barriers do you think will be the easiest to change?

Which one do you want to start with?

Does tonight feel like a good time to start?

If not tonight, then when?

## Removing More Barriers to Sleep

Question: Are you ready to get rid of the source of your insomnia?

\_\_\_\_\_.

The answer may be obvious, even a no-brainer. But the question could spark a story lurking in a corner of your mind as to why you can't sleep. If such a story emerges, release it; it wasn't yours. The following questions are meant to clarify the level of your willingness to win at the sleep game.

Am I willing, at this moment, for my sleep to be different, and better, than it is right now?

Yes \_\_\_\_\_ No \_\_\_\_\_

Am I ready to let go of unease and stress in my life?

Yes \_\_\_\_\_ No \_\_\_\_\_

Deep down, do I feel I'd be sacrificing something by letting go of stress?

Yes \_\_\_\_\_ No \_\_\_\_\_

If the answer is yes, what would I be sacrificing?

# Rewired for Sleep

Daniel R. Bernstein, L. Ac., CH

How to Repair  
Insomnia and Anxiety,  
Naturally and Without Drugs

Is that sacrifice more important to me than my health?

Yes \_\_\_\_\_ No \_\_\_\_\_

Do I owe it to myself to do whatever it takes to start sleeping better short of taking a pill?

Yes \_\_\_\_\_ No \_\_\_\_\_

For today, am I willing to be willing to make healthy sleep a priority?

Yes \_\_\_\_\_ No \_\_\_\_\_

Can I allow myself to imagine that I could sleep better than I am now?

In 3 months? \_\_\_\_\_ In 1 month? \_\_\_\_\_

Personal Notes: