

The following are statements that are mostly false, but if we believe them, can colour our perceptions about lack of sleep:

- I need 8 hours sleep every night
- if I don't get enough sleep at night, I need to catch up the next day by napping
- if I go without sleep for 2 or 3 nights I may have a nervous breakdown
- by staying in bed longer, I get more sleep and feel better the next day
- if I can't sleep, the best thing is to stay in bed and try harder
- if I don't sleep well, I won't be able to function the next day
- when I feel anxious or depressed during the day, it is because I haven't slept well
- I can't manage if I have disturbed sleep
- I can't control my mind when it races at night.
- if I can't overcome the insomnia, my life can't be enjoyable or productive.

### Sleep hygiene

The following are points to ponder concerning our sleep hygiene: yes answers reveal areas that we need to consider changing in order to facilitate improved sleeping conditions.

- do you have arguments in bed?
- do you worry whilst you're in bed?
- do you worry or feel apprehensive before you get into bed?
- are you prone to clock-checking?
- are you forcing sleep?
- do you find you sleep better out of the bedroom? (able to fall asleep in front of the TV)
- are you OK at weekends but not before work?
- is your sleeping environment conducive: pleasant temperature and light level?