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# SLEEP - WORKSHOPS

The aim of sleep therapy is to teach the client to relax again. You slept well as a child so you can sleep well now. We explore when the issue began to find the root cause. Shift you towards new beliefs around sleep...

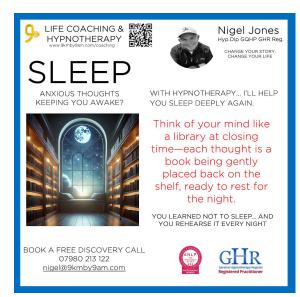
### WORKSHOP 1 - YOUR OPTIMUM LEVEL OF SLEEP

Work out what is the optimum number of hours you need. For an adult, it's normally between seven and nine.

#### WORKSHOP 2 - DOS & DON'TS & CHECKLIST

Create a list of dos and don'ts. Incorporate a few into your schedule. It could make a huge difference to your well-being. Make your own list and stick to it.

Create a checklist to follow each night. Write it down under the following headers - *Pre-sleep Routine & In Bed Routine.* 



#### WORKSHOP 3 - BELIEFS

Rehearse your beliefs around sleep. Break rituals - some people have rituals e.g. "When I awake, I can't go back to sleep". Need to break these beliefs.

Decide if you want to keep any of the limiting beliefs. Take each belief and ask the following questions.

- Does this belief improve your life?
- Is this belief good for your health?
- Does this belief have any harmful consequences for you or others?

#### WORKSHOP 4 - REFRAME SLEEP & ANXIOUS THOUGHTS

Tell yourself each day a new metaphor around sleep for example... The Quiet Library: "Your mind is like a library. At closing time—each thought is a book being gently placed back on the shelf, ready to rest for the night."

#### WORKSHOP 5 - REFRAME YOUR BEDROOM & YOU

The Bedroom - What does your bedroom mean to you?

You - Think of the version of you that sleeps well - how they feel, what they look like?

#### WORKSHOP 6 - SLEEP JOURNAL

What went well / not so well. Learn form what does not go well and change it.





