**Worksheet 17.1** Example CBT vicious cycle for sleep difficulties



**Behavioural**

Day: Lie in, drink coffee, nap

Night: Read/Use mobile phone in bed



**Autonomic**

Day: Feel tired, irritable

Night: Tense, increased heart rate

**Cognitive**

Day: I'm so tired, I can't cope

Night: I'll never get to sleep, I'm going to be so tired tomorrow