CBT-I Steps

Diary. Bed for sleep. Steady schedule. Skills, not force.

Name: _____ **Date:** _____

1. Safety first

Severe mood or crisis?
Pause. Get help.

2. Keep a diary

Bed, sleep, wake,
naps, quality.

3. Bed for sleep

No clock watching. Out
if awake.

4. Sleep window

Clinician sets time in
bed.

5. Wind down

Same wind down before
bed.

6. Worry time

Park worries earlier
in the day.

7. Check beliefs

Challenge catastrophic
sleep thoughts.

8. Morning review

Rise time fixed. Note
what helped.

9. Relapse plan

If sleep slips,
restart skills.

What CBT-I is and is not

CBT-I = skills for chronic insomnia, guided by a trained clinician.

Is Education and cognitive work	Diary, stimulus control, schedule skills
Is not Not a self cure printable	Sleep hygiene alone, a pill substitute
Care Prefer clinical care / safety plan	Crisis, bipolar mania risk, apnea signs

Skill practice aid for CBT-I sessions. Does not replace trained CBT-I delivery.

988 · HOME to 741741 · 911 · Acute crisis: use a safety plan first

Not affiliated with AASM, ACP, or any author named on the guide page.

My Sleep Plan

Window, stimulus control, wind down, worry time, beliefs.

Name: _____ **Date:** _____

Sleep window (clinician guided)

Agreed lights out / start of window: _____

Agreed rise time (same daily): _____

Target time in bed (hours): _____

Notes / safety limits my clinician set: _____

Stimulus control (Bootzin style)

Bed is for sleep and intimacy only: Yes / Working on it

If awake ~15-20 min, I get up and go to: _____

Quiet return activity (no screens bright): _____

Clock watching plan (turn away / cover): _____

Wind down, worry time, sleep thoughts

Wind down starts at (time): _____

Worry time slot (earlier daytime): _____

Catastrophic sleep thought I will challenge: _____

A more balanced thought: _____

If sleep slips for a few nights, I will: _____

Crisis: call or text 988 · Text HOME to 741741 · Emergency: 911

Sleep Diary Log

Seven nights. Bed, asleep, wake, rise, naps, quality 0-10.

Name: _____ **Date:** _____

Night	In bed	Asleep	Final wake	Rise	Naps	Qual 0-10
1						
2						
3						
4						
5						
6						
7						

CBT-I pocket cards (cut out)

Diary
Log bed and wake

Bed
Sleep only here

Up
If awake, get up

Rise
Same rise daily

Wind
Wind down first

Worry
Park it earlier

Thought
Challenge the fear

Naps
Short or skip

Safety
988 · HOME 741741 · 911

Not a treatment. Sleep restriction needs a clinician. If despairing, call 988.

Original layout by Lotus & Tulip, based on published CBT-I research. Not therapy.
Free printable from Lotus & Tulip · lotustulip.com/cbt-i-worksheets.html

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