

Vicious Cycle of poor sleep

What I am thinking

Thoughts begin to race - I am never going to get to sleep. I don't know how I am going to pay the bills this month and I am really worried about losing my job. I need to be really alert for an important meeting at 9.00am - I am going to be exhausted... I am never going to get to sleep.

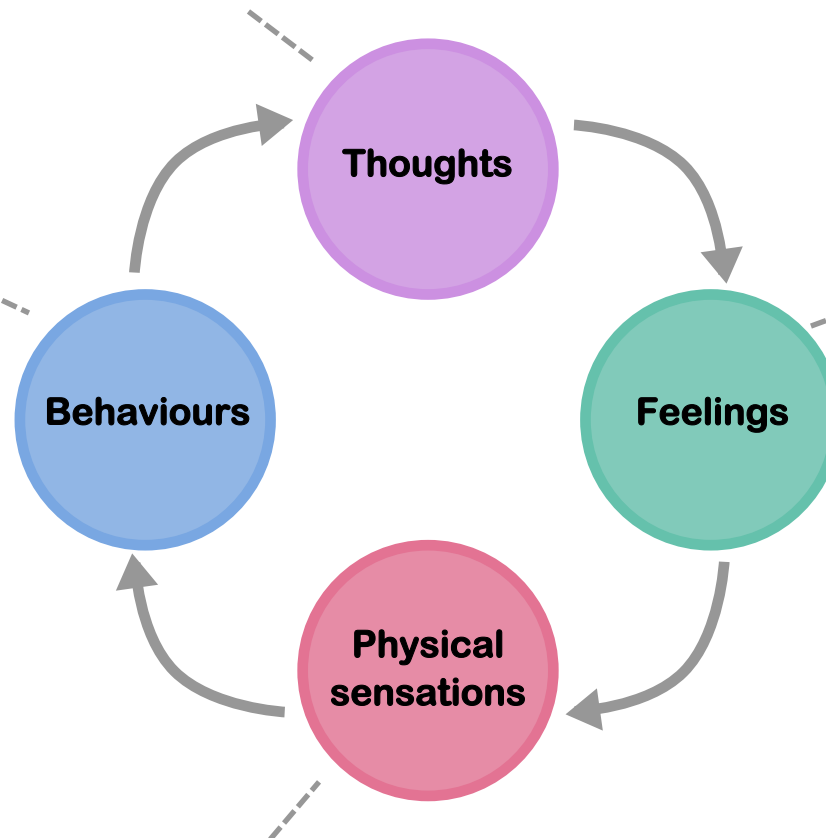
What am I doing?

Feelings create behaviours - I toss and turn all night, restless.

Thoughts become more negative - 'I am never going to sleep. I've got a sleeping problem'.

Feelings become more anxious.

Behaviour reinforces thoughts and feelings - so the cycle continues.



What I am feeling

Thoughts create feelings - I feel very anxious, tense, frustrated, agitated and physically exhausted.

How my body reacts

Thoughts and feelings trigger physical response - Muscles tense, heart pounds, mouth dry.