Vicious Cycle of poor sleep

Thoughts

- ‘I am never going to get sleep’
- ‘How am I going to pay my bills?’
- ‘What if I lose my job?’

Anxious thoughts affect how we feel

Feelings

- Tense
- Frustrated
- Agitated
- Panic

Physical symptoms

- Heart beats faster
- Dry mouth
- Muscles tense

Thought and feelings affect how we behave

Behaviours

- Toss and turn
- Restless
- Look at phone or turn TV on

Thoughts get more anxious and the cycle continues