

## POSITIVE SLEEP THOUGHTS

My performance will not suffer significantly if I get my core sleep

I'm probably getting more sleep than I think I am

My daytime functioning is not just affected by my sleep

Since I have survived nights of insomnia before, I can do it again

If I didn't sleep well last night, I am more likely to sleep well tonight due to a biological pressure to recover my core sleep

My daytime functioning is due in part to my NSTs

Sleep requirements vary from person to person

There is no evidence that insomnia causes health problems

Sleeping 6 to 7 hours per night is associated with the longest life expectancy

In most cases, the worst thing that may happen if I don't sleep well is that my mood will be impaired during the day

If I awaken after about 5 and 1/2 hours of sleep, I have gotten my core sleep

I'm more likely to fall asleep as my body temperature falls throughout the night

It is normal to initially feel alert if I awaken at the beginning or end of dream; drowsiness will soon follow

My functioning will improve during the day as my body temperature rises

My sleep will be improving as I learn these behavioral techniques

These techniques have worked for others, they will work for me