

Journal Prompts- Sleep

Understanding My Sleep Patterns

1. How would I describe my typical sleep routine? Is it consistent or unpredictable?
2. What time do I usually go to bed and wake up? Does this schedule feel natural to me?
3. What are the biggest obstacles that prevent me from getting good sleep?
4. When I do sleep well, what factors contribute to it?
5. How do I feel physically and emotionally when I don't get enough sleep?

Exploring Triggers & Patterns

6. What thoughts or worries tend to keep me awake at night?
7. Are there any habits during the day that might be affecting my sleep?
8. How does my sleep change when I'm stressed, anxious, or overwhelmed?
9. What role does my environment (light, noise, temperature, etc.) play in my sleep quality?
10. How do my eating and drinking habits (caffeine, alcohol, late meals) affect my sleep?

Coping with Sleep Struggles

11. What emotions arise when I struggle with sleep? How do I typically respond to them?
12. How do I feel about naps—do they help or hurt my sleep routine?
13. What relaxation techniques have I tried before bed, and which ones work best for me?
14. If I wake up in the middle of the night, what strategies can I use to go back to sleep?
15. How can I create a bedtime routine that signals to my body that it's time to rest?

Reframing Thoughts About Sleep

16. What negative thoughts do I have about my sleep, and how can I reframe them?
17. How can I remind myself that my worth is not tied to how well I sleep?
18. What is one small thing I can do to feel more in control of my sleep habits?
19. What would it look like to practice self-compassion when I experience sleep difficulties?
20. How can I shift my focus from worrying about sleep to creating a restful mindset?

Building a Healthier Relationship with Sleep

21. What does "good sleep hygiene" mean to me, and how can I implement it?
22. How can I make my bedroom a more restful and sleep-friendly environment?
23. What role does movement or exercise play in my sleep patterns?
24. What is one sleep-related habit I'd like to improve, and what's a realistic way to start?
25. If my sleep issues were completely resolved, how would my life feel different?