

## Insomnia Thought-Behavior Tracker (ACT-Based Self-Monitoring Exercise for Insomnia)

**Aim:** The aim of this exercise is to help you recognize patterns of thoughts - behaviors that are affecting your sleep quality. By practicing self-monitoring and acceptance, you can increase your psychological flexibility and improve your ability to cope with insomnia

**Description:** Write down the thoughts that contribute to your insomnia, identify their purpose, and then become aware of the behaviors associated to those thoughts. Track how long you engage in each behavior and rate its workability (or usefulness) to fulfill the purpose behind that behaviour. See the example below to help you get clarity on the exercise.

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Thought	Purpose	Behaviour (Covert/Overt)	Duration	Workability
I can't stop thinking about the meeting tomorrow.	Protect me from failure or embarrassment.	Checking phone	30 min	Unworkable
I feel like I'm not doing enough with my life.	Motivate me to act to achieve my goals.	Overthinking	2 hours	No
I should have done more today.	Self-criticism for improvement .	Regretting	30 min	No
Why can't I just fall asleep like a normal person?	Trying to get control over my sleep.	Ruminating	3 hours	Unworkable

Name: \_\_\_\_\_

Date: \_\_\_\_\_

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