Insomnia formulation

Progress Psychotherapy

Sleep worries

Beliefs about the impact of poor sleep create worries

Beliefs about sleep

Anxiety/ distress

Wories lead to safety behaviours like staying in due to tiredness but this makes us more worried

Safety behaviours

When distressed we focus on negatives, forgetting positive parts of sleep

Selective attention/ monitoring

Selective focus on negatives biases perception of sleep

Distorted perception of sleep

These lead to greater stimulation causing wakefulness

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