

SLEEP AND THE EIGHT DIMENSIONS

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Healthy Coping and Sleep Strategies to Promote Restful Sleep for Those Who Experienced Trauma

People who have experienced physical, emotional, or psychological harm - or other causes of trauma - are often in the continual process of rebuilding their lives in effort to heal this serious injury. Sometimes, the coping strategies or resources for healing people use can have a negative impact on sleep. Use this worksheet to reflect on your current coping strategies. You can also share this with a physician, therapist, or friend so you can plan to get sleep that is more restful.

Developing New Strategies That Support Sleep		
Activities and habits that have helped me cope include...	The impact of the activities and habits on my sleep...	Ways I can adapt activities and habits to try to support my sleep include...
Example: <i>Exercising late at night for stress relief</i>	<i>Difficulty falling asleep; restlessness</i>	<i>Exercising earlier in the day, like before dinner</i>