

THE DECODE INSOMNIA  
**Information Session**

LEARN

**01** CIRCLE the DECODE Factors that occasionally get in your way once.  
 CIRCLE the DECODE Factors that often get in your way twice.

**NOT ENOUGH SLEEP POTENTIAL**

**D**

Not Enough Sleep Drive

Not Enough Time Awake    Napping    Not Enough Physical Activity

AND/OR

**C**

Wrong Time for Body Clock

AND/OR

**SLEEP BLOCKERS KEEPING YOU OUT OF THE ZONE**

**Earlier-in-the-day**

**S**

Screens and/or too much light within 3-5h of sleep

**D**

Activating Doings within 1-3h of sleep

**D**

Caffeine, substances, meds, food & drink

**In-the-moment**

**E**

A stimulating or uncomfortable sleep Environment

**C**

Cues (i.e. the bed triggers alertness)

**E**

Strong Emotions and physical sensations

**O**

Overactive mind and Open loops

**02** What, if any, is low-hanging fruit? (i.e. There is a 8-10/10 likely that you can follow-through on addressing this factor consistently for the next two weeks.)

**03** What makes it hard to take consistent action?

**04** What would change if you were sleeping better? Why do these things matter to you?

**05** Use the space below to list action steps you would like to take from today's session.

Thank you for attending today's Information Session. Please look out for an electronic questionnaire from our clinic so that you can indicate how you'd like to move forward. Please visit the Start Here page for all resources discussed in this session.