

THE DECODE INSOMNIA Information Session

LEARN

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

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

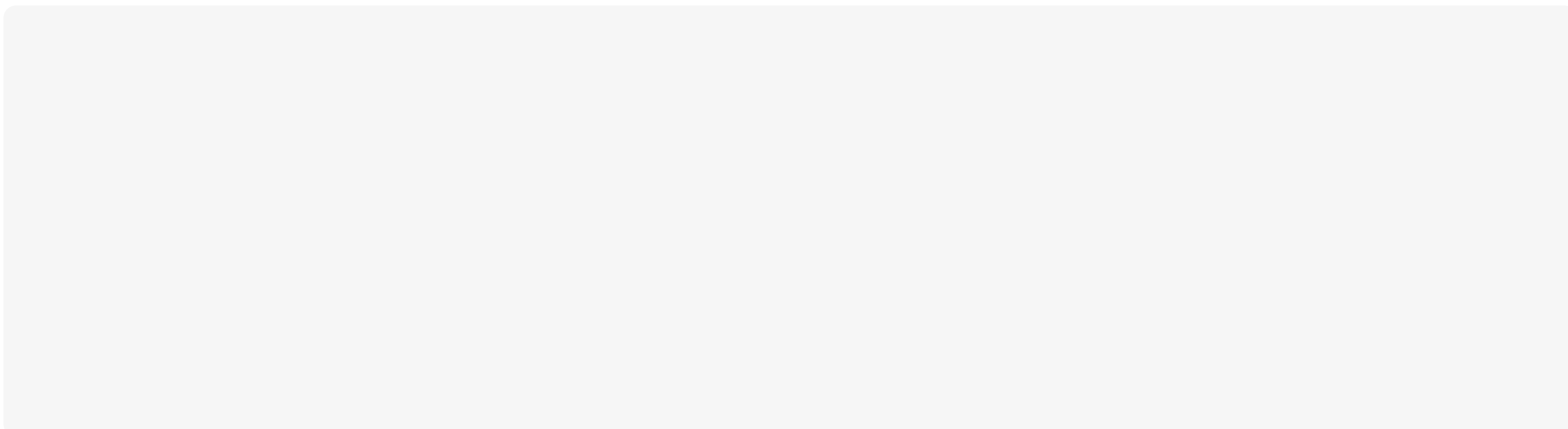
Strong Emotions and physical sensations

O

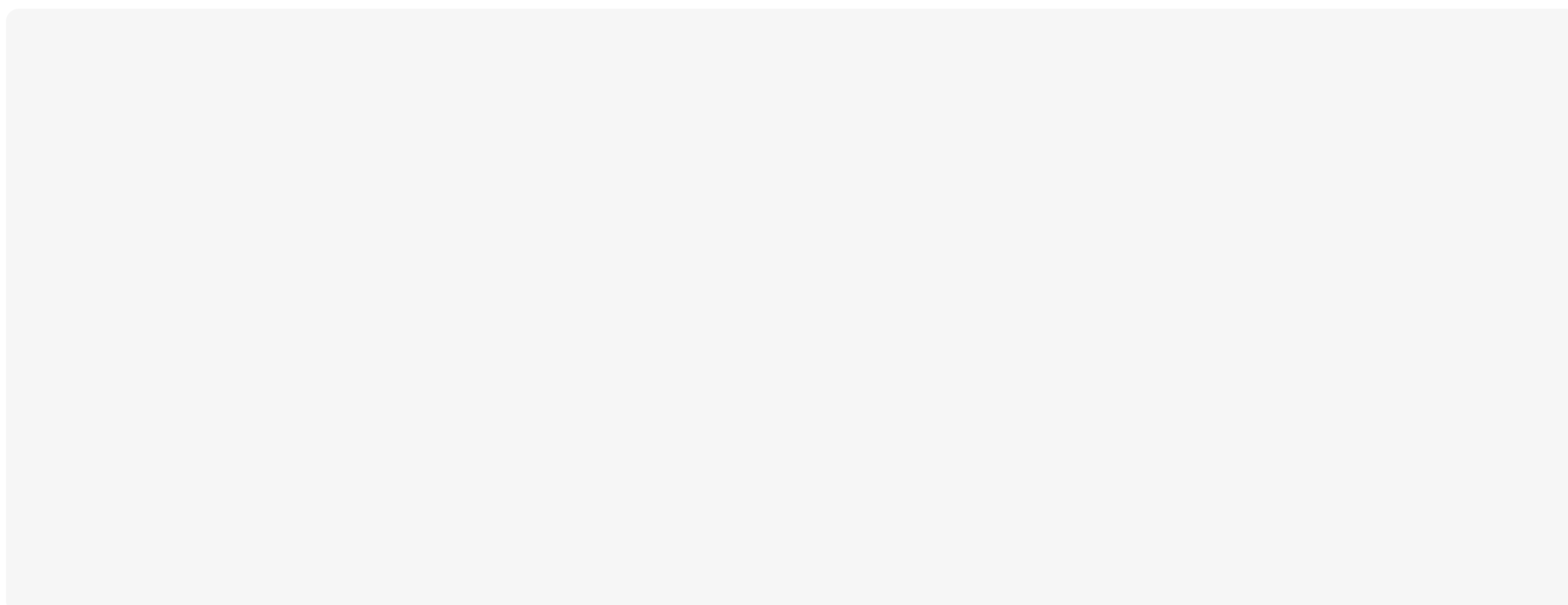
Overactive mind and Open loops

02 What can you help with?

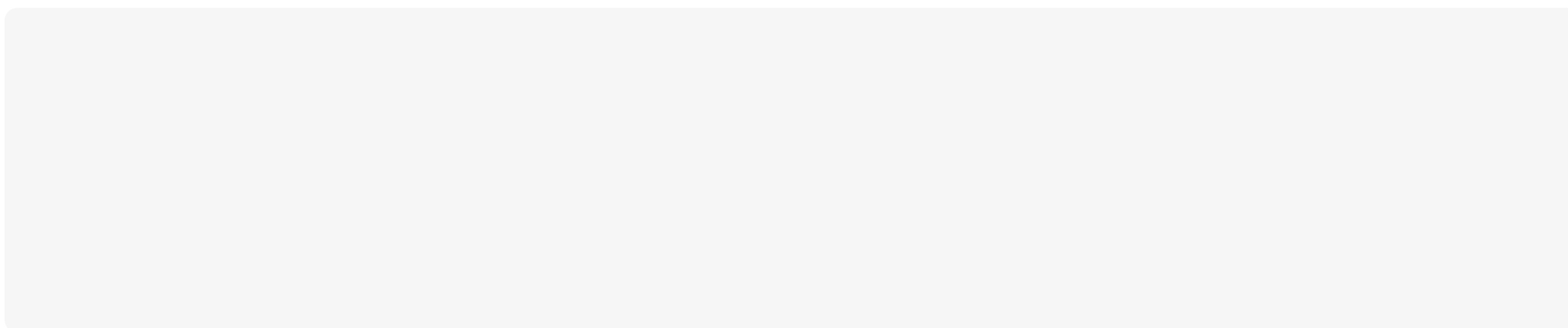
03 What makes it hard to take consistent action?



04 What would change?



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.