

UNDERSTANDING INSOMNIA WITH THE

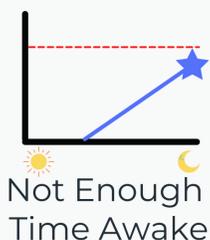
DECODE Framework

You can use the memory cue DC DECODES (DC for the sleep potential factors and DECODES for the sleep blockers) to remember all the reasons you may not be able to sleep. Use the 'Helpful Questions' page to understand what is driving insomnia on any given night.

NOT ENOUGH SLEEP POTENTIAL

D

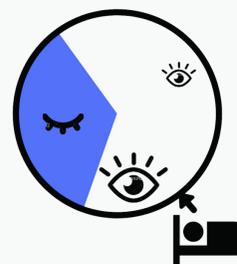
Not Enough Sleep Drive



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

Helpful Questions

TO UNDERSTAND INSOMNIA

SLEEP POTENTIAL QUESTIONS

D
DRIVE

Did I have enough sleep drive when I tried to sleep? Was there at least 14 hours between the time I woke up and the time I tried to sleep? Did napping and my level of physical activity impact how much sleep drive I was able to build? What was challenging about building enough sleep drive for the right time?

C
CLOCK

What's my best guess at the current timing of my body clock? What time does my body want to sleep? When am I currently experiencing the forbidden zone?

EARLIER-IN-THE-DAY SLEEP BLOCKERS

S
SCREENS
& LIGHT

What were the sources of too much light in the 3-5 hours before I wanted to sleep? What was challenging about avoiding screens & light in the 3-5 hours before I wanted to sleep?

D
DOINGS

What were the activities that kept me from being able to power down? How much time did I give myself to power down before I tried to and expected sleep? What was challenging about avoiding activating doings/activities 1-3 hours before I wanted to sleep?

D
DRUGS, MEDS,
FOOD & DRINK

Was there anything in my system (drugs including caffeine, medications, food & drink) that may have made it difficult for me to power down and/or have a good quality sleep?

Helpful Questions

TO UNDERSTAND INSOMNIA

IN-THE-MOMENT SLEEP BLOCKERS

E
ENVIRO

Was there anything in my environment that was uncomfortable or too stimulating?

C
CUES

How long did I spend in bed awake? What made it difficult for me to get out of bed when I couldn't sleep? Did I get back into bed when I was on the edge of sleep? What was challenging about staying out of bed until I felt sleepy?

O
OVERACTIVE
MIND
& OPEN LOOPS

What were the thoughts, to-dos, worries, or memories that showed up when I wasn't able to sleep and that kept me from being able to power down?

E
EMOTIONS

What were the emotions and physical sensations that showed up when I wasn't able to sleep and that kept me from being able to power down?

POSSIBLE SOLUTIONS

What can I do differently in-the-moment next time?

What steps can I take ahead of time to avoid this factor being a problem in the future?