



# Exercise: Objectives of the self-help program

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## Instructions

Below is a list of goals that people typically associate with the Self-Help Program for Insomnia.

Pick any that speak to you. Also think about your own personal goals that you would like to achieve

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## Goals

- Falling asleep faster
- Waking up less in the night
- Developing a regular sleep pattern
- Feeling more refreshed when waking up
- Learning to relax before bed
- Worrying less about my sleeping
- Creating a sleeping environment that promotes good-quality sleep
- Not cancelling plans because of poor sleep
- Being kinder to myself when I am tired

## My goals