

Negative Beliefs About Sleep

1. Let's challenge your strongest belief that insomnia is harmful:

"HARM BELIEF" (FONT LIKE THIS)

2. Do you know for sure this is true?

TEXT BOX 1

3. If you had to convince someone that this was not true, what would you say?

TEXT BOX 2

4. Now rerate how much you believe this belief to be true (where 0 = not true and 10 = very true):

slider 16

5. Let's challenge your strongest belief that insomnia is uncontrollable:

"UNCONTROLLABILITY BELIEF" (FONT LIKE THIS)

6. Do you know for sure this is true?

TEXT BOX 3

7. If you had to convince someone that this was not true, what would you say?

TEXT BOX 4

8. Now rerate how much you believe this belief to be true (where 0 = not true and 10 = very true):

slider 17

9. Let's challenge your strongest belief that any sleep is better than no sleep:

"I NEED TO SLEEP BELIEF" (FONT LIKE THIS)

10. Do you know for sure this is true?

TEXT BOX 5

11. If you had to convince someone that this was not true, what would you say?

TEXT BOX 6

12. Now rerate how much you believe this belief to be true (where 0 = not true and 10 = very true):

slider 18