



Bedside Thought Organizer

It is not uncommon for people to have trouble turning off their thoughts when they go to bed. These racing thoughts can make it difficult to fall asleep. Some ways to turn off your thoughts at bedtime include managing stress, taking time to unwind before bed, and practicing distraction and relaxation techniques. The Bedside Thought Organizer can help identify stressors and negative thoughts so they can be effectively addressed and managed.

To Do List

Is your to-do list running through your mind? Jot it down so you do not have to worry about forgetting and can take care of it tomorrow!

- _____
- _____
- _____
- _____

Thoughts

Negative thoughts about sleep can lead to a lack of sleep. If you find yourself thinking negative thoughts as you are lying down to sleep, or if you wake up during the night, write them down. Re-evaluate the thoughts in the morning; you will likely realize many of them are not true. Then write down a positive thought to replace the negative one, and read it before you lay down to sleep the next night.

Negative thought:

Example: "I'm never going to fall back to sleep. I'll be tired all day tomorrow." _____

Positive replacement:

Example: "I always fall back to sleep eventually. I've been tired at work before and functioned just fine." _____



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Notes
