

The following seven statements relate to your night-time sleep pattern in the past week.

Please indicate by circling *one* response how true each statement is for you. Score 0 for 'not at all', 1 for 'to some extent' and 2 for 'very much', then add up your total score (maximum is 14)

1. I put too much effort into sleeping at night when it should come naturally.

Very much      To some extent      Not at all

2. I feel I should be able to control my sleep at night.

Very much      To some extent      Not at all

3. I put off going to bed at night for fear of not being able to sleep.

Very much      To some extent      Not at all

## DEALING WITH YOUR RACING MIND

4. I worry about not sleeping if I am in bed at night and cannot sleep.

Very much      To some extent      Not at all

5. I am no good at sleeping at night.

Very much      To some extent      Not at all

6. I get anxious about sleeping before I go to bed at night.

Very much      To some extent      Not at all

7. I worry about the long-term consequences of not sleeping at night.

Very much      To some extent      Not at all

Figure 21: The sleep effort scale