



Sleep and Mental Health Worksheet

❖ Using the checklist below to identify what particular sleep related issues you are facing:

- Difficulty falling asleep
- Difficulty staying asleep
- Difficulty in waking up
- Waking up earlier than usual
- Experiencing panic attacks, nightmares, psychosis or flashbacks
- Feeling tired and sleepy even after adequate sleep
- Sleeping more than usual - at odd times or for long hours
- Other:

❖ You must have noticed or observed some adverse effects of your sleep related issues. Identify the ones you recognize.

- Feeling more anxious than usual
- Depressive thoughts and feelings
- Suicidal thoughts
- Development or worsening of Psychosis (extreme cases)
- If you have a mental illness diagnosis, you have noticed it gets worse (*skip if not applicable*)
- Increased irritability
- Difficulty in performing routine tasks
- Hampered decision making
- Difficulty in concentrating
- Memory issues

Other:

Reference

[Blackwelder, A., Hoskins, M. & Huber, L. \(2021\). Effect of Inadequate Sleep on Frequent Mental Distress. *Prevent Chronic Disease*, 18, 200573.](#)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.