

CBT Skills for Sleep - Progress Checklist

Use this checklist to track your progress. Check off each activity as you complete it.

29 activities across 8 steps

Week 1: Understanding Sleep

Week 1

- ☐ Sleep 101 ([Video](#))
- ☐ CBT-I Overview ([Video](#))
- ☐ My Biggest Sleep Problem ([Reflection Journal](#))

Week 2: Sleep Hygiene

Week 2

- ☐ What is Sleep Hygiene? ([Video](#))
- ☐ Sleep Hygiene Checklist ([Reading](#))
- ☐ Sleep Hygiene Goals ([Reflection Journal](#))
- ☐ Your Sleep Log ([Video](#))
- ☐ Download Your Sleep Log ([Reading](#))

Week 3: Your Body Clock

Week 3

- ☐ Understanding Circadian Rhythm ([Video](#))
- ☐ Sleep Log Check-In ([Reading](#))
- ☐ Mid-Program Check-In ([Reflection Journal](#))

Week 4: Stimulus Control

Week 4

- ☐ Stimulus Control ([Video](#))
- ☐ Stimulus Control Guide ([Reading](#))
- ☐ Stimulus Control Reflection ([Reflection Journal](#))

Week 5: Sleep Restriction

Week 5

- ☐ Sleep Restriction Therapy ([Reading](#))
- ☐ Time in Bed ([Reading](#))
- ☐ Sleep Restriction Check-In ([Reflection Journal](#))

CBT Skills for Sleep - Progress Checklist (continued)

Week 6: Relaxation Skills

Week 6

- ☐ Relaxation Techniques ([Reading](#))
- ☐ Relaxation Practice ([Breathing Exercise](#))
- ☐ Sleep Environment ([Video](#))
- ☐ Sleep Environment Reflection ([Reflection Journal](#))

Week 7: Changing Sleep Thoughts

Week 7

- ☐ Cognitive Restructuring Intro ([Video](#))
- ☐ Cognitive Changes Guide ([Reading](#))
- ☐ What My Sleep Log Shows ([Reflection Journal](#))
- ☐ Body Scan ([Audio Guide](#))

Week 8: Maintaining Your Gains

Week 8

- ☐ Sleep Skills Recap ([Video](#))
- ☐ Maintaining Your Gains ([Reading](#))
- ☐ Relapse Prevention ([Reading](#))
- ☐ My Plan Going Forward ([Reflection Journal](#))