

# SLEEP DECISIONS

FIRST STEPS, SO YOU GET OFF ON THE RIGHT FOOT

1

## SHOULD I TO TRY SOMETHING NEW

- Yes because \_\_\_\_\_
- No because \_\_\_\_\_

2

## WHICH PROBLEMS CAN BE ADDRESSED VIA A COURSE?

- Mind doesn't turn off
- Exhausted but AWAKE in bed
- Can't relax
- Chronic insomnia
- Other: \_\_\_\_\_

3

## DO I HAVE ANY REASON TO SEE A SPECIALIST INSTEAD OF A COURSE?

- Yes, and I should ask about the medical condition(s) \_\_\_\_\_  
The type of provider to see next is: \_\_\_\_\_
- No, none of those symptoms pertain to me

4

## WHAT MINDSET TYPE AM I?

- "Diligent grit"
- "Fixed and fearful"

5

## WHAT'S MY NEXT STEP?

- My sleep isn't so bad! I can return if needed in the future.
- Tidying up my sleep knowledge is a good option (Sleep 101)
- I have a diligent grit mindset and could benefit from a more comprehensive course (Mastering Restful Sleep)
- It's a good idea to try some other avenues first and can always return in the future. Whew! Better to figure that out now rather than later.