



Pre-Sleep Anxiety Log

Transforming Quiet Moments into Peaceful Sleep Through Thought Tracking



Understand Your Thoughts • Reduce Anxiety • Sleep Better

At night, anxiety can feel stronger because everything is quieter.

Tracking your thoughts helps you:

- Understand patterns
- Reduce mental overload
- Feel more in control before sleep

Situation Check

What happened today or tonight?

Anxiety Level

Rate your anxiety right now:

0 (calm) ————— 10 (very anxious)

My level: ____ / 10

Thoughts Before Sleep

What thoughts are showing up?

Triggers

What might have triggered this anxiety?

- Stress from the day
- Overthinking the future
- Replaying past events
- Screen time
- Lack of routine
- Other: _____

Thought Check

Are these thoughts:

- Realistic
- Worst-case scenario
- Uncertain
- Based on assumptions

Calming Response

Write a more balanced or calming thought:

Coping Tools

What can help you calm down?

- Deep breathing
- Writing thoughts down
- Listening to calming sounds
- Grounding techniques
- Reminding yourself: "I can handle this tomorrow"

- Other: _____
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Pre-Sleep Support

Tonight, I will:

- Reduce screen time
 - Follow a calming routine
 - Create a quiet environment
 - Focus on rest, not problem-solving
 - Other: _____
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After Calming Down

Rate your anxiety again:

New level: _____ / 10

What helped?

Reflection

- What patterns do I notice about my anxiety at night?

 - What helps me feel safer or calmer?
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Not every thought needs your attention at night.

Rest first. Solve later. "Calm your thoughts before you rest."

