

Setting Aside a Worry for Later

Sleep stress and daily rhythms | Adults | 10 to 15 minutes

Separate a solvable concern from nighttime problem solving and choose a return point.

Some worries arrive when you are trying to rest. This page gives a concern a place to be recorded and revisited. It is not a command to stop thinking. Use it briefly and stop if writing makes you more alert or distressed.

Name the concern and its next step

Write one sentence about what is on your mind. Ask whether there is a practical action you can take at an appropriate time. If there is, name the first step and when you will return to it. If not, name the uncertainty and the support you may need.

Return gently to the current moment

Try a simple reminder: I have recorded this, and I will revisit it at the time I chose. Then shift to a quiet activity or sensory cue you find comfortable. The worry may return; you do not need to fight it or complete every solution tonight.

The concern I want to record in one sentence is

A practical next step, or uncertainty I cannot solve now, is

The time and place I will revisit it are

A quiet next activity or supportive reminder I choose is