

Talking About Sleep Without Blame

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

Explore sleep concerns while acknowledging constraints and identifying appropriate care.

Use these prompts to understand the client's actual conditions before suggesting a routine. The goal is a realistic next step, not a perfect evening. Ask about daytime impact and safety as well as what happens at night.

Understand the circumstances

Clinician: What does a typical rest period look like in your household or work schedule?

Client: Everyone tells me to go to bed earlier, but I work nights. Clinician: That advice does not fit your day. What time is available for sleep, and what interrupts it?

Separate support from self blame

Client: I must be doing something wrong. Clinician: We can look at habits, health, and circumstances together. Persistent sleep difficulty can need specific treatment. What have you tried, and what happened? Ask about symptoms such as snoring or gasping, medications, substance use, and daytime sleepiness without diagnosing from a brief conversation.

Choose one next step

Clinician: Would it be more useful to plan one manageable routine, request practical support, or prepare for a medical or sleep consultation? Offer SLP02 or SLP06 accordingly. If the client is too sleepy to drive safely, address transportation before ending. Close with: How well does this plan fit the life you actually have?

Relevant constraints, selected next step, and any referral or safety action