

A Session for Rest and Rhythm

Sleep stress and daily rhythms | Clinicians | 50 minutes

Use 50 minutes to understand daily demands and choose one feasible rest or sleep support.

Intended outcome: the client describes a relevant pattern, selects one practical change or referral step, and knows how to review its usefulness. The session offers education and planning; it is not a complete insomnia treatment protocol.

Minutes 0 to 15

0 to 5: Check current wellbeing, daytime safety, and the client's preferred focus. Offer permission to skip or change an exercise. 5 to 15: Use SLP01 to review a typical day and night with approximate observations. Include work, housing, caregiving, health, and medication or substance factors.

Minutes 15 to 40

15 to 25: Distinguish what the client can influence from what needs outside support or assessment. Use SLP07 for brief education if welcome. 25 to 40: Choose SLP02 for a feasible routine, SLP04 for a restorative pause, or SLP06 for a provider conversation. Rehearse the first action and address one likely barrier.

Minutes 40 to 50

40 to 45: Make a smaller backup version and identify any help or accommodation needed. 45 to 50: Ask the client to summarize the plan and how they will judge its usefulness. Agree on follow up and arrange referral or safety actions where indicated. Avoid adding multiple new sleep rules.

Selected action or referral, necessary support, and review plan