Sleep and Daily Function Review - Concept brief

Understand the idea behind sleep and daily function review and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Noah wants to understand whether device use is crowding out rest.

The idea

Practical effects can be tracked without diagnosing from a single habit.

An ordinary example

Noah wants to understand whether device use is crowding out rest.

What this can look like

Record a brief, non-explicit example of bedtime choices, next-day functioning, and an optional routine adjustment.

Check the fit

What changed in functioning, and what else might explain it? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

A useful distinction

A chosen change goal and a clinical diagnosis are different questions. Address functioning, control, consent, values, and distress without assuming that sexual expression itself is pathological.

Reflection

What changed in functioning, and what else might explain it?

Scope and adaptation

Adult-only, non-explicit educational resources. The searchable phrase pornography addiction is not used here as an established diagnosis. Frequency, high desire, or moral distress alone does not establish a disorder; assess impaired control, functioning, distress, consent, and context with a qualified clinician. Respect consensual sexuality and chosen goals; no explicit media, aversion exercises, forced disclosure, or coercive monitoring.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: AASECT Position on Sex Addiction. Full source links and scope: library.morethantherapy.org/recovery/resources/PPU-A10-1