Sleep and Daily Function Review - Review journal

Review an attempt at sleep and daily function review and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. Practical effects can be tracked without diagnosing from a single habit.

Practice task

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

1. What I tried, or what happened in the fictional example:

2. What I noticed before, during, and after; what remains uncertain:

3. What helped, did not help, or was outside my control:

4. What changed in functioning, and what else might explain it? My optional adjustment or support request:

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-A10-5