Sleep and Routine Supports - Concept brief

Understand the idea behind sleep and routine supports and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Jordan works changing shifts and chooses a brief check-in after waking.

The idea

Routine planning must account for health, work, and access.

An ordinary example

Jordan works changing shifts and chooses a brief check-in after waking.

What this can look like

Identify one feasible anchor in the day and a backup for disrupted schedules without prescribing sleep or medical treatment.

Check the fit

What routine is flexible enough to survive a difficult day? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

A useful distinction

A return to use is information for reassessing care and support, not a verdict on personal worth.

Reflection

What routine is flexible enough to survive a difficult day?

Scope and adaptation

Adapt to individualized assessment and the person's chosen recovery goals. Worksheets do not manage intoxication, overdose, or withdrawal. Abrupt cessation of alcohol or benzodiazepines can be dangerous: seek medical guidance rather than using a worksheet to stop or taper. Follow existing emergency and overdose-prevention plans; medication choices belong with qualified prescribers.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Substance Use Disorders. Full source links and scope: library.morethantherapy.org/recovery/resources/SUR-A15-1