Insomnia formulation Beliefs about Sleep worries the impact of a Beliefs about sleep bad might create worries Anxiety/distress Wories lead to safety behaviours like staying in due to tiredness but this makes us more worried Safety behaviours When distressed we focus on negatives, forgetting positive parts of sleep Selective attention/ monitoring Selective focus on negatives biases **PROGRESS** perception of sleep **PSYCHOTHERAPY** Distorted perception of sleep These collectively lead to greater brain stimulation

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causing

wakefulness