

When Sleep Takes the Whole Day

For when you are sleeping far more than you want to and the day slips away.

WHEN TO USE THIS

Use this on a day you have been in bed much longer than you meant to be.

How many hours are you sleeping, counting naps and time in bed in the day?

What is it like when you wake up and stay in bed anyway?

What did you miss or put off because you were asleep?

1.

2.

3.

4.

If staying in bed comes with not wanting to be here, reach out now - call or text 988, the Suicide and Crisis Lifeline.

What is one thing worth getting up for tomorrow, even for twenty minutes?

Sleeping this much is usually your body saying something. It is worth telling someone.