



PUTTING THE DAY TO REST

This strategy is suggested in the 11-14 BrainWaves lesson:

Sleep, screens and mood

About the strategy

Bedtime worry can be a significant contributor to difficulty falling asleep. The strategy of 'putting the day to rest' is a research-supported approach to managing worry by creating a structured time to reflect and process concerns. The key principles are:

- Scheduled worry time: Setting aside a specific time (e.g. 15 minutes) during the early evening to think about worries helps limit intrusive thoughts at night.
- Journaling or reflection: Writing down worries or concerns provides a sense of release and clarity, helping to untangle overwhelming thoughts.
- Problem-solving focus: Using this time to brainstorm solutions (if possible) helps shift from passive worry to active problem management.

The scientific evidence behind active listening

'Putting the day to rest' is a strategy recommended in Chapter 13: 'Low intensity interventions for sleep problems in children and adolescents', compiled by Dimitri Gavriloff, Felicity Waite and Colin Espie:

- Bennett, S. et al (Eds) *Oxford Guide to Brief and Low Intensity Interventions for Children and Young People*. Oxford University Press: 2022.

Although not specific to young people, studies show that addressing worries earlier before bedtime decreases nighttime overthinking, leading to improved sleep quality:

- Scullin, M. et al. (2018). *The effects of bedtime writing on difficulty falling asleep*. *Journal of Experimental Psychology: General*, 147(1), 139–146.
<https://doi.org/10.1037/xge0000374>

Further reading

This website provides a downloadable checklist for how to implement the strategy:

<https://www.communityfirstyorkshire.org.uk/wp-content/uploads/2022/03/Putting-the-day-to-rest.pdf>