

Cognitive-Behavioral Treatment of Insomnia (CBT)

✓ SLEEP PERIOD RESTRICTIONS

- **Prescribed Amount of Time in Bed per Night:** _____ **Hours**
- **Prescribed Bedtime:** _____
- **Prescribed Out of Bed Time:** _____

✓ SLEEP INSTRUCTIONS

- To increase your sleep drive at night, avoid napping during the day. If a nap is absolutely necessary, try to nap before 3 pm and keep the nap to 30 minutes or less by setting an alarm.
- Avoid napping/dozing during the evening hours. If very sleepy, get up and walk around, get a drink of water, do household tasks, etc.
- Go to bed only when you are sleepy and not before your prescribed bedtime.
- In order to strengthen the association between being in bed and sleeping, use the bed only for sleeping. Avoid watching TV, eating, reading, etc. in bed. Sex is the only exception.
- If you are unable to fall asleep (or fall back asleep after an awakening) in 20-30 minutes, get up, go to another room, and do something relaxing under dim light until your mind clears and you feel sleepy again. Then, return to bed. Repeat this exercise as needed until you fall asleep.
- Turn your bedroom clock away from you to avoid doing sleep calculations and demanding sleep (e.g., "I have to fall asleep now so that I can still get 5 hours of sleep"). Keep your cell phone in another room, or at least out of reach.
- Use your prescribed out of bedtime every morning, regardless of how much sleep you obtained. This is the most important rule for most people. Set an alarm each night to avoid sleeping late in the morning (even if you feel that it's unnecessary). If you had a bad night sleeping, getting yourself up at your prescribed time will increase your sleep drive at night. (If you give in and let yourself sleep late to catch up on sleep, you will lessen your sleep drive and interfere with your attempts to train your body to fall asleep at the preferred time at night.)
- Though it is sometimes difficult, avoid catastrophizing over a night or two of poor sleep. Resist the urge to discuss your sleep with family and friends and avoid reading and researching about insomnia and sleep. The less focus there is on sleep, the better your chances are of improving your sleep pattern - because you cannot force yourself to sleep no matter how hard you try.
- Try to become more accepting of your natural sleep patterns.