

Sleep Rules

1 Select a standard wake-up time.

Use it every day regardless of the sleep you obtain on any particular night.

2 Use the bed only for sleeping.

Do not read, eat, watch TV, etc. in bed. Sexual activity is the only exception.

3 Get up when you can't sleep.

When you are unable to sleep, get up and go to another room until you feel sleepy enough to fall asleep quickly before returning to bed. Get up again if sleep does not come on quickly.

4 Don't worry, plan, etc., in bed.

If such mental activities come on automatically in bed, get up and stay up until you can return to bed without these mental activities interfering with your sleep.

5 Avoid daytime napping.

Napping, particularly in the late afternoon or early evening may interfere with your night's sleep.

6 Go to bed when you are sleepy, but not before the time suggested.

Long periods of time in bed will lead to shallow, fragmented sleep. You should spend only the amount of time in bed that you actually need for sleep. Adherence to the bedtime and waketime suggested for you below should help you overcome your persistent sleep problem.

7 Schedule wind-down time an hour before bed.

My standard rising time is

My earliest bedtime is

Other helpful practices

1. Limit caffeine, marijuana, smoking & alcohol.
2. Avoid use of sleeping pills.
3. Exercise regularly but not close to bedtime.
4. Don't exert effort to sleep. If you are exerting effort, stop. It is not time to sleep yet.

Above all, be patient! Your sleep problem developed over time so it will take some time to return to a more normal sleep pattern. By following the suggestions in this pamphlet, you should see gradual sleep improvements.