

Stimulus Control

The purpose of stimulus-control therapy is to reestablish the bed as the place where sleep happens, rather than the site of sleeplessness. Through this therapy, you are encouraged to go to bed only when it's time for sleep. If you are not asleep within 20-30 minutes, leave the bedroom and don't return until you are sleepy. You are also encouraged to have a consistent sleep time and wake time every day, regardless of how much sleep you get, and to avoid naps. You should not read, watch television, or eat in bed. Thus, most of your time in the bed is spent sleeping.

Cognitive Behavioral Therapy

- Use your bedroom for sleep, illness and sex only.
- Start winding down an hour or two before bedtime. Turn down the lights.
- Stop watching television and using the computer. Take a warm bath.
- Go to bed only when you think you can fall asleep. If you haven't dozed off within 20 to 30 minutes, get out of bed and do something else until you feel drowsy. Limiting the amount of time you spend in bed when you're not actually sleeping increases your desire to sleep.
- Get up at approximately the same time every day, even on holidays and weekends.
- Get as much natural light as possible during the day, and limit light when you want to sleep.
- Avoid napping during the day.
- Avoid caffeine, nicotine and alcohol, especially late in the day.
- Get regular exercise early in the day. This promotes wakefulness and deep sleep or slow wave sleep at night.
- Do not exercise vigorously at least 6 hours before bedtime and limit light exercise at least 4 hours prior to bedtime.
- Keep a regular schedule. Regular times for meals, medications, chores and other activities keep your inner clock running smoothly.
- Avoid sleeping pills or use them conservatively. Most doctors avoid prescribing sleeping pills for periods longer than 4 weeks.

Example:

	8pm	9	10	11	12am	1	2	3	4	5	6	7	8	9	10	11	12pm noon	1	2	3	4	5	6	7	
Mon			↓↑	↓							↑						nap								
Tues		↓	↑	↓	↑	↓							↑												
Wed																									
Thur																									
Fri																									
Sat																									
Sun																									

Symbols:

Went to bed = ↓

Got up = ↑

Color in all blocks between the last down ↓ and up ↑ arrows.

Draw a line at the beginning and end of naps and write "nap" between the lines: | nap |