



INSOMNIA: SLEEP RESTRICTION TREATMENT

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Most people sleep better and fall asleep more easily when they are sleepy than when they are refreshed. To make you sleepier at night and to help you fall asleep and stay asleep, we will limit the amount of time you are allowed to sleep or stay in bed each night, for several weeks. In addition, please follow the suggestions about sleep habits on the next page.

SLEEP RESTRICTION INSTRUCTIONS

1. For the next week please:

Do not go to bed before: _____
Be sure to get out of bed at: _____
Total time allowed in bed: _____ hours

We expect that you will be tired during the day and that you will be very tired at night. The extra sleepiness will help you to fall asleep at night. If you are very tired during the day, you should not drive or perform other possibly dangerous activities.

2. The bedroom and the bed will be for sleeping only. When you go to bed you may lie awake for only 15 minutes. If you feel that 15 minutes have passed while you are lying awake, then check the clock. If you have been in bed for 15 minutes without falling asleep, then rise from your bed and go to another room. Do not go to bed, or try to fall asleep again, until the next hour. For example, if you go to bed and try to sleep at 1AM and are not asleep by 1:15AM, then leave your bed and go to another room to watch TV, read, or otherwise stay awake. Then do not go to bed or fall asleep until 2AM. If then you are not asleep by 2:15AM, again rise and stay awake and out of bed until 3AM, and so on.
3. Be sure to rise and leave bed at the time indicated above. Even if you are very, very tired, get out of bed then. It is best if you quickly get some sunshine (not artificial light) and exercise.
4. Do not nap during the day. Napping during the day would make you less sleepy at bedtime, undoing all your work from the night before.
5. Keep a daily diary: every morning write down the times you went to bed, rose from bed, and the times you think you actually slept. This does not have to be exact; don't keep looking at the clock all night.
6. Continue to follow this schedule. At your next visit, if you are sleeping more than 90% of the time allowed, we will increase the total sleep and bedtime allowed.

This program works for most people who have insomnia, even if the insomnia has been a problem for years. Many people, however, find that they slip into their old habits over time or when under stress. If this happens to you, simply follow the same program we have started today, and you are likely again to have good success in regaining control of your sleep and sleep times.