**GUIDELINES FOR IMPROVED SLEEP**

**(For sounder, more reliable sleep, follow all of the guidelines below)**

1. **Establish a standard wake-up time AND adhere to it every day regardless of the sleep you obtain on any particular night.**
   1. You cannot force yourself to go to sleep BUT you can control your wake-up time.
   2. The goal is to try to avoid different wake-up times to establish standard sleep/wake schedule.
   3. Changes in your sleep-wake schedule can disrupt your sleep.
   4. Not using a standard wake-up time 🡪 is the equivalent of jet lag created by a change in wake-up time.
   5. By establishing a standard wake-up time 🡪 you’ll notice that you begin to get sleepy at an appropriate time each evening to allow you to obtain the sleep you need.
2. **Use the bed only for sleeping 🡪 do NOT read, watch TV, eat, use the phone, etc. in bed 🡪 sexual activity or illness are the only exceptions to this guideline.**
   1. Doing wakeful activities in bed 🡪 involves unintentionally training yourself to remain awake in bed.
   2. If partner/significant other/spouse does wakeful activities in bed 🡪 ask him/her to alter his/her schedule during the treatment.
   3. Avoid activities that require you to be awake in bed 🡪 if you do so, your bed will eventually become a stimulus or cue for falling asleep.
3. **Never spend long periods of time awake in bed 🡪 when you are unable to sleep, get up and go to another room until you feel sleepy enough to fall asleep quickly, and then return to bed 🡪 get up again if sleep does not come on quickly.**
   1. Prolonged periods of wakefulness in bed deals with tossing/turning, frustration, and worrying about not sleeping 🡪 which makes it more difficult to fall asleep.
   2. Remember, doing wakeful activities in bed 🡪 involves unintentionally training yourself to remain awake in bed.
   3. 20 minutes 🡪 give yourself 20 minutes to fall asleep
4. **Avoid worrying, thinking, planning, etc. in bed 🡪 if such mental activities come on automatically in bed, then get up and go to another room, stay up until you feel sleepy, and then return to bed without such mental activities interrupting your sleep 🡪 get up again if sleep does not come quickly.**
   1. Set time aside time for these activities during the day 🡪 if you establish this habit, you probably will have fewer intrusive thoughts while you are in bed.
   2. Remember, doing wakeful activities in bed 🡪 involves unintentionally training yourself to remain awake in bed.
5. **Avoid daytime napping.**
   1. It works against trying to increase your drive to sleep because naps reduce/weaken this drive by partially satisfying your 24-hour sleep requirement.
6. **Restrict your time in bed to only the amount of time you need to sleep 🡪 go to bed when you are sleepy but not before the earliest bedtime recommended for you below.**
   1. Research shows 🡪 spending too much time in bed results in broken or fragmented sleep patterns 🡪 thus, potentially making your sleep problem worse.
   2. Keep a log on which you record your total sleep time each night. Your therapist will be computing an estimate of the time you need to spend in bed each night.
   3. Your therapist will discuss with you the amount of time you should spend in bed and negotiate appropriate bedtimes and wake-up times.

**Based on the discussion I have had with my therapist, I will use \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ as my routine wakeup time; I agree to be out of bed by this time each morning. Also I agree that I will not go to bed before \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ so that I do not spend too much time in bed each night.**

**OTHER HELPFUL HINTS**

**(The hints below may also help you improve your sleep)**

1. **Participate in regular aerobic exercise.**
   1. Exercise can help deepen your sleep.
   2. Exercise no later than late afternoon/early evening.
2. **Limit your intake of coffee, tea, soft drinks, chocolate, and other caffeinated substances.**
   1. Caffeine delays sleep onset and may produce broken sleep patterns.
   2. If you do consume caffeinated substances 🡪 try to do so by 3:00pm.
3. **Avoid alcohol use as a sleep aid.**
   1. Alcohol can produce broken sleep patterns.
   2. It fragments your sleep.
4. **Control loud noises during the night with earplugs or a sound-screening device (fan, air conditioner).**
5. **Try a light bedtime snack of cheese, milk, or peanut butter.**
   1. These foods may induce sleep.
   2. Carbohydrates increase production of serotonin 🡪 the chemical responsible for sleep.
   3. Light snack = not too much because if you are full, you may not be able to fall asleep.
6. **Control the temperatures in your bedroom.**
   1. Temperatures above 75 degrees Fahrenheit may cause broken sleep.
   2. Try to avoid it being too cold or too hot.