

Sleep Guidelines

1 Wake-up and get out of bed at _____ **AM** every day whether you have a good or poor sleep on any particular night.

2 Go to bed when you are sleepy, but not before _____. Long periods of time in bed will lead to shallow, broken sleep. You should spend only the amount of time in bed that you actually need for sleep. Sticking to the suggested bedtime and waketime will help you overcome your sleep problem.

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 Use the bed only for sleeping. Do not read, eat, watch TV, etc. in bed. Sex is the only exception.

5 Avoid daytime napping.

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

6 Create a buffer zone.

The "buffer zone" is a quiet time prior to bed time. During this time, you should do things that are enjoyable on their own rather than activities that are taken as a means to an end.

7 Don't worry, plan, etc., in bed. If you are worrying, planning or can't shut off your thoughts, get up and stay up until you can return to bed without these mental activities interfering with your sleep.

My standard rising time is

My earliest bedtime is

Other helpful practices

1. Turn the clock around
2. Limit caffeine and consume before noon
3. Limit alcohol and do not consume within 3 hours of bedtime
4. Exercise regularly but not close to bedtime
5. Keep bedroom quiet, dark, and cool
6. Do not eat a heavy meal close to bedtime (a light bedtime snack such as milk, peanut butter, or cheese is OK)

Do not try too hard to sleep

Just let sleep unfold

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.