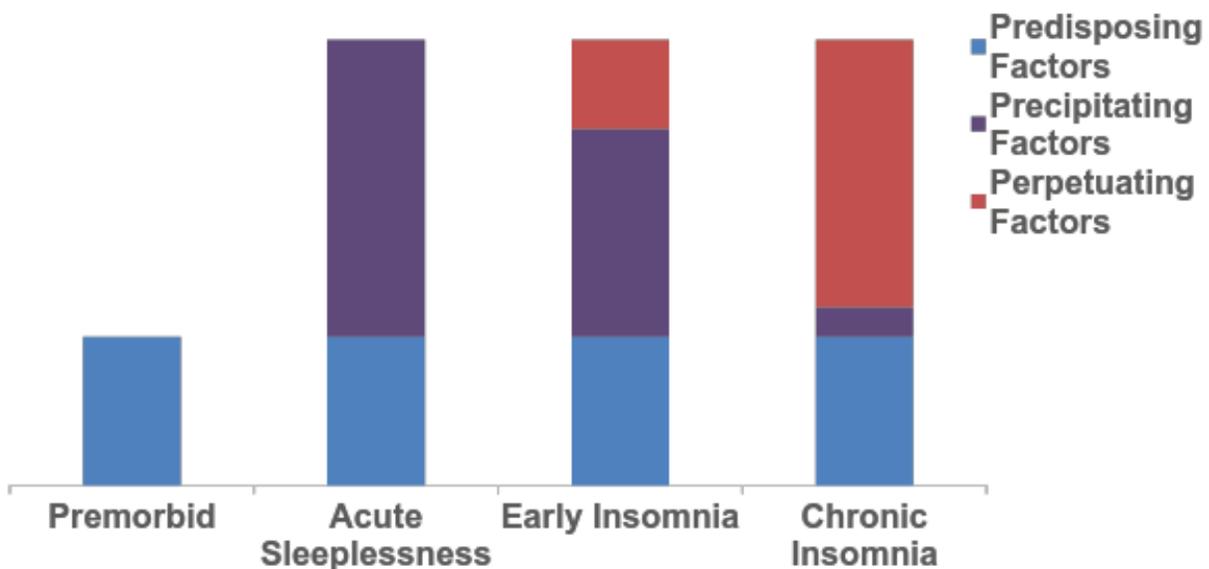


## What controls sleep?

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- Sleep Drive -- how long you have been awake
- Biological Clock-- complex mechanism in the brain that works to keep us awake, then works to keep us asleep
- Mental activity and physical or medical issues-- thinking, worrying, bad dreams, injuries, medications, other sleep problems



## Four Steps to Reduce Insomnia

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### 1. Reduce your time in bed

Cutting down your time in bed = increasing how long you've been awake out of bed which leads to quicker, deeper, more solid sleep. Not decreasing the amount of SLEEP you get, just the amount of time AWAKE in bed.

### 2. Don't go to bed unless you are sleepy

Going to bed when you're not sleepy can lead to frustration and gives your brain the wrong message.

### 3. Don't stay in bed unless you are asleep

Helps to train your brain: Bed = Sleep

### 4. Get up at the same time every day of the week, no matter how much you slept the night before

Getting up at the same time helps to set the biological clock. If you've slept poorly, getting up at the same time helps you to sleep better the next night by building up more sleep drive during the day.

## Activities That You Can Do When You Get Out of Bed

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In the evening:

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In the middle of the night:

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In the morning:

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## Brief Behavioral Treatment of Insomnia: Your Sleep Goals

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Current total sleep amount: \_\_\_\_\_

Current total time in bed: \_\_\_\_\_

Target total time in bed =

Current Sleep amount + 30 minutes = \_\_\_\_\_

Your New Sleep Schedule:

New Bed Time: \_\_\_\_\_

New Rise Time: \_\_\_\_\_



## This Week's Action Plan

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### Rules for Better Sleep

Wake-up time every  
day:

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Bed time at night:  
No earlier than

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Total time in bed at  
night:

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Activities in the  
evening:

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Activities at night:

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Activities in the  
morning:

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