

## **Modifying Your Sleep Schedule – 30/30 Rule**

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- *When can I increase my sleep time?*

**IF**, during the previous week, you are...

Falling asleep in less than 30 minutes **AND**

Spending less than 30 minutes awake during the middle of the night...

**THEN...**

You can increase your time in bed by 15 MINUTES during the next week.

- *When do I know I have enough sleep?*

**IF** you notice more trouble with sleep (taking longer than 30 minutes to fall asleep **OR** spending more than 30 minutes awake during the middle of the night)...

**THEN...**

**REDUCE** your time in bed by 15 minutes during the next week



## 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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