**Sleep Restriction Therapy**

Sleep restriction therapy is a behaviorally based treatment for insomnia that works to decrease the variability of timing of sleep. To do this, the amount of time spent in bed is temporarily decreased in order to consolidate sleep. This technique works as well as medication with long-lasting effects.

In order for this therapy to work, it takes several weeks of diligent dedication to adjusting your sleep schedule. Initially you may feel sleepier or have more disrupted sleep but eventually if you continue with this treatment, your insomnia will improve. Keep a sleep diary throughout.

**Instructions:**

1. Determine your allowed time in bed

 (Time in bed = Average total sleep time = \_\_\_\_\_\_\_hrs.

1. Set a wake time. \_\_\_\_\_\_\_\_

 Ensure you wake up at the same time every morning no matter how much sleep you did or didn’t get the night before.

1. Set a bed time: \_\_\_\_\_\_\_\_ (count back from your wake time the time in bed you were allowed in step 1). Eg (if your wake time is 7am and your total time allowed in bed is 6 hours, then your bed time is 1am.) Do not get into bed before this time even if you are sleepy.
2. Stick to this sleep schedule until you are sleeping well through the night for at least 3 nights (eg. 90% of the time you are in bed, you are asleep). If you feel sleepy during the day, then add 15 minutes to your time in bed by moving your bedtime 15 minutes earlier. **DO NOT adjust your wake time.**
3. Every 3 days reevaluate. If you are obtaining good sleep and feely sleepy during the day, add 15 more minutes to your time in bed by moving your bedtime 15 minutes earlier. Do this until you are sleeping well through the night and feel good during the day (usually between 7-8 hours a night.) Do not adjust your schedule more than 15 minutes every 3 days.
4. Use bright light in the morning and dim the lights in the evening. Bright light is a powerful controller of the sleep wake cycle. Use light for 30 minutes upon awakening by either going outside in the natural sunlight or by purchasing a light box if approved by your physician.
5. Do not nap during the day
6. Practice good sleep hygiene. If you can’t sleep for more than 20-30 minutes, get out of bed and get physical rest in a peaceful place until you are sleepy and then return to bed.

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| date | Time allowed in bed | Bedtime | Wake time | time took to fall asleep | Time awake during night | Slept most of time in bed? y/n | Level of daytime alertness (1-3) |
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