Stimulus Control for Insomnia

* Before going to bed, identify one or two enjoyable activities to do during the night if necessary (book to read, crossword puzzle, knitting project, model building, sudoko, even a TV show you’ve been wanting to watch on Netflix.)
* If you have been in bed for more than 15 or 20minutes (don’t watch the clock, though!) or are starting to get frustrated/ annoyed, get out of bed and leave the bedroom if possible.
* Choose a period of time to remain out of bed (30, 45 or 60 minutes)
* Engage in an enjoyable activity for your chosen amount of time then return to bed
* If you again cannot fall asleep after 15-20min or are starting to get frustrated/ annoyed get back out of bed and repeat the steps above.
* Remember this is a long term investment in treating your insomnia – it may not give your more time asleep when you first start this but it will help your insomnia immensely over time.