

## **Your Sleep Plan for the Next Week**

**1. Your EARLIEST bedtime is \_\_\_\_\_.** Do not be in bed before this time! If you have difficulty staying awake until then, try to do a sleep-interfering behavior such as standing up or walking around the house.

**2. Your LATEST wake-time is \_\_\_\_\_.** Do everything possible to be up and out of bed by this time. Get up regardless of how much sleep you got the night before. Getting out of bed by this time is one of the most important factors that will affect how well your therapy progresses.

**3. Continue to follow the Rules of Stimulus Control.** Remember, therapy won't be very effective unless you follow them. In addition to the bed/wake times above, they include using the bed for sleeping and sex only; getting out of bed when you can't sleep and going to another location; not worrying, planning or ruminating in bed; AVOIDING NAPPING, and only going to bed when you are sleepy, but not before your prescribed bedtime.

**4. Consider reducing or even eliminating afternoon caffeine.** A recent study in the Journal of Clinical Sleep Medicine found that 400 mg of caffeine administered 6 hours prior to bedtime reduced total sleep time by 41 minutes and more than doubled the reported time taken to fall asleep (more than 24.1 minutes). Added together, caffeine reduced total sleep time by more than an hour. For best results, eliminate any caffeine after noon, but certainly NO caffeine after 5 pm. [Source: Drake, C., Et al. (2013). Journal of Clinical Sleep Medicine, Vol 9, No. 11.]

**5. Be very careful not to drive when drowsy.** Sleep deprivation is a leading cause of accidents, and we are purposefully making you sleep deprived in the short-term to improve your sleep for the long-term. If you have any concerns about falling asleep while driving, DO NOT DRIVE!

**6. Continue to keep a sleep log.** Remember, this data is very important and helps your therapist understand where adjustments to your sleep need to be made.

**7. Call 612-418-9391 and leave a message if you have concerns or experience problems. You can also use leave a message via your client portal on SimplePractice.** Often, adjustments can be made before your next appointment and questions can be answered. It is okay to call if you need reassurance as well.