



## **Stimulus Control Rules for Sleep**

To avoid or reverse conditioned patterns of difficulty falling and/or staying asleep

- 1. Set a standard wake-up time.** Use it everyday regardless of the sleep you obtain on any particular night.
- 2. Give yourself time to unwind before bed,** engaging in relaxing activities one hour before you intent to sleep.
- 3. Do not use your bed for anything other than sleep.** This means no reading, watching TV, using your phone. Sexual activity is the only exception.
- 4. Get up when you can't sleep.** When you are unable to fall asleep after 15-20 minutes, get up and out of bed until you feel sleepy—signs of sleepiness include losing focus and concentration, unable to keep your eyes open, a feeling of 'drifting off'. Get up again if sleep does not come on quickly
- 5. Don't worry, plan, etc. in bed.** If such mental activities come on automatically in bed, get up and stay up until you can return to bed without these mental activities interfering with your sleep.
- 6. Avoid daytime napping.** Napping, particularly in the late afternoon or early evening may interfere with your night's sleep.
- 7. Don't exert effort to sleep.** If you are exerting effort, stop. It is not time to sleep yet.

**If you continue to have difficulty sleeping talk to your doctor about medication options, Cognitive Behavioral Therapy for Insomnia or for referral to a sleep study to assess any underlying sleep disorders.**