COGNITIVE BEHAVIOURAL THERAPY FOR INSOMNIA (CBT-I)

Sleep Restriction

Spend only as much time in bed as you actually sleep. This makes your sleep deeper and less broken. Later, you will slowly add more time.

> **Expect to feel sleepier at first.** In the first week or two you may feel more tired than usual — that is a sign the treatment is working. It will pass as your sleep becomes deeper and less broken. Until then, take extra care when driving.

1 Sleep restriction instructions

1. **Calculate your starting numbers.** Use your sleep diary from the past 10–14 days, and calculate three averages: your **total sleep time** (TST), your **time in bed** (TIB), and your **sleep efficiency** (SE = TST ÷ TIB × 100).
2. **Choose your sleep times.** Your total time in bed should be the same as your average total sleep time — but never less than 5 hours. Pick a bedtime and a wake-up time, and keep the same times every day. (Most people choose their wake-up time first, then count back to find their bedtime.)
3. **Review and adjust each week.** At the end of each week, calculate that week's average sleep efficiency:
   - **90% or higher** (85% for older adults): add 15 minutes to your time in bed — go to bed 15 minutes earlier.
   - **85–89%** (80–84% for older adults): make no change.
   - **Below 85%** (below 80% for older adults): reduce your time in bed to your current average total sleep time — but not below 5 hours.
4. **Repeat the weekly adjustment** — step 3, once a week — until you are sleeping through most of your time in bed and getting the amount of sleep you need.

My sleep prescription

My average total sleep time: _____ hours My prescribed time in bed: _____ hours

My bedtime: _____ My wake-up time: _____ Start date: _____

Keep completing your sleep diary every morning — your weekly adjustment is calculated from it.

2 Keep practising stimulus control

Sleep restriction works together with stimulus control, which you started in Week 2. **Keep following those rules every night while you do sleep restriction** — here they are again:

- **Bed is for sleep and sex only** — use your bed primarily for sleeping, so don't watch TV or read in bed.
- **Lie down only when sleepy.**
- **If you are awake for more than about 20 minutes** at any point in the night, leave the bedroom and do something boring or relaxing.
- **Return to bed when you are sleepy.** (Do not sleep in another room.)
- **Repeat the last two steps** as often as needed through the night.
- **Don't check the time during the night.**
- **Get up at your fixed wake-up time** every morning, even if you did not sleep much.
- **No daytime naps.**

3 Tracking your weekly adjustments

Week starting	Total time allowed in bed (hrs)	Bedtime	Wake-up time	Sleep efficiency at end of one week	Time adjustment

Adapted with permission from *End the Insomnia Struggle* by Colleen E. Ehrnstrom & Alisha L. Brosse (New Harbinger, 2016).