

WORKSHEET 8.1: Your Combined Stimulus Control Therapy and Sleep Restriction Therapy Plan

Combined SCT and SRT: Basic Recipe

1. Limit your behavior in bed and in your bedroom to sleep and sex.
2. Calculate your average total sleep time (TST), average time in bed (TIB), and sleep efficiency (SE) using sleep log data for ten to fourteen days.
3. Limit your time in bed to your average TST, but not less than five hours. To accomplish this, set a consistent bedtime and rising time.
4. If, at any time during the night, you are awake for more than twenty minutes, leave the bedroom and do something boring or relaxing.
5. Return to bed when you are sleepy. (Do not sleep in another room.)
6. Repeat steps 4–5 as needed throughout the night.
7. Get up at your scheduled rising time regardless of how much sleep you got or how much time you spent in bed.
8. No daytime naps.
9. Continue to log your sleep each night.
10. Adjust your time in bed:
 - When you are sleeping an average of 90% or more (85% for older adults) of your sleep window over a one-week period, add fifteen minutes to your TIB.
 - If your one-week average SE is under 85% (80% for older adults), decrease your TIB to your current average TST, but not less than five hours.
 - If your SE is 85%–89% (80%–84% for older adults), make no change.
11. Repeat step 10 until you reach your target amount of sleep.

My Prescription: My pretreatment average total sleep time = _____ hours.

Start Date	TIB (hrs)	Bedtime	Rise Time	Start Date	TIB (hrs)	Bedtime	Rise Time
1.				5.			
2.				6.			
3.				7.			
4.				8.			

Strategies for staying awake until my prescribed bedtime:

Strategies for getting up at my prescribed wake time:

Activities I can do in the extra time I’m spending out of bed:

If I leave my bed because I’m not sleeping during my sleep window...

This is where in my home I will go:

These are activities I will engage in (*be specific!*):

Preparations to make ahead of time (for example, set multiple alarms, put low-watt bulb in lamp):

Strategies for avoiding naps or nodding off:

What I will have to give up (for example, “sleeping in on weekends,” “falling asleep for one last stretch right around my wake time,” “the comfort of going to sleep to the TV”):

What discomfort I may experience (for example, “I may be even more tired at first,” “Loneliness being up alone late at night or early in the morning,” “Guilt for disturbing my partner”):

Why I’m willing to give these things up (for now) and experience these discomforts (for now):
