

Six Steps to Solid Sleep

- 1.** Go to bed only when sleepy and not before your threshold bedtime. _____
Fill in the threshold bedtime that you are setting for the upcoming week.
- 2.** Maintain a regular threshold rise time in the morning. _____
Fill in your threshold rise time (usually the same as before).
- 3.** Use the bed only for sleeping. Sexual activity is the only exception.
Do not watch television, listen to the radio, use electronic devices, eat, or read in bed.
- 4.** Leave the bed if you can't fall asleep or go back to sleep within 10–15 minutes. Return when sleepy. Repeat this step as often as necessary during the night.
- 5.** If sleepiness is overwhelming, you may take a short nap (set aside no longer than 45 minutes) in the afternoon, between 1:00 and 4:00 p.m.
- 6.** Maintain a sleep diary.