

## **SESSION 1 SLEEP EFFICIENCY: RECLAIMING THE BED FOR SLEEP**

Purpose - Learn about Sleep Efficiency and Stimulus Control (Bed = Sleep)

### **I. SLEEP EFFICIENCY THERAPY**

One goal when treating your insomnia is to improve your Sleep Efficiency  
Sleep Efficiency = Time Asleep ÷ Time in Bed

1. If you spent 4 hours asleep and 8 total hours in bed last night, your sleep efficiency would be  $4 \div 8$ , or 50%
2. Our goal is to increase the percentage of time you spend asleep in bed
3. One way to do this is to limit the time you spend in bed

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### **II. SLEEP DRIVE**

- Sleep is regulated by our brain based on how long we have been awake
- The longer we're awake, the more "sleep drive" we build up and the sleepier we get
- Sleeping in or napping may help a little that day, but it decreases your sleep drive and makes it harder to sleep that night

### **III. WHAT DOES THIS MEAN FOR TREATMENT? YOUR FIRST CHANGE!**

Only stay in bed as long as you are typically able to sleep

1. At first, you will get even less sleep than normal
2. But, this will help increase your sleep debt and make it easier to fall asleep the next night
3. Sometimes with insomnia, you need 2 or 3 nights of added sleep debt before you fall asleep quickly
4. You may have noticed this pattern in your insomnia already - a few bad nights followed by a good night

### **IV. THE MIND-BODY RELATIONSHIP**

Certain habits cause our body and our mind to have automatic responses. In other words, behaviors become associated with feelings and bodily reactions.

Question. Think about when you are lying in bed and can't sleep.

1. How do you feel?
2. What do you usually do?

This example shows us how feelings, behaviors, and body reactions can become associated with each other.

- When you are in bed awake, you may feel frustrated and restless, be unable to sleep, and stay in bed trying to sleep more. This experience associates bed/bedtime with negative feelings. The more negative the feelings, the less likely you'll get to sleep.

## **V. BAD ASSOCIATIONS WITH THE BED**

One of the major problems in insomnia is that the bed/bedtime is no longer paired with feelings of relaxation and falling asleep easily

- Instead of Bed = Sleep, for insomniacs Bed = Awake (and often frustrated)
- Question. Think about other examples of things that have led to this problematic pairing of Bed = Awake for you.
  1. What thoughts do you have as you lay awake in bed?
  2. How does that make you feel?
  3. Does that make it easier or harder to fall asleep?

## **VI. STIMULUS CONTROL STRATEGIES: HOW TO MAKE BED = SLEEP AGAIN**

**Go to bed only when you are sleepy.**

1. How do you know when you are sleepy? How is this different from being physically tired?
2. If you are not sleepy when you go to bed, you might toss and turn, lying in bed awake. This reinforces the negative association we are trying to break.

**Only use your bed for sleep (or sex).**

For example, if you watch TV in bed every night until you fall asleep, what does the bed become associated with? TV watching...not sleep!

**Leave the bed when you are unable to fall asleep after about 15 minutes.**

1. Go back to bed only when you feel sleepy again.
2. Repeat this as many times as needed. This will strengthen the association between bed and sleep (versus bed and awake).
3. The goal is to make the bedroom/bed associated with falling asleep
4. If you do need to leave the bed because you are unable to sleep, try not to do anything stimulating. Do not check your cell phone, watch television, get on the computer, or read. Remain as minimally stimulated as possible so as to promote sleepiness.

### **Hide the clock.**

1. Looking at the clock (or cell phone) when you cannot sleep is likely to increase frustration that you are not asleep.
2. Plus, who cares what time it is? You really just want to be asleep no matter what time it is, right?

### **Wake up at a regular time regardless of how well or how long you slept.**

1. Get out of bed immediately after you wake up. This will help your body to get into a constant sleep rhythm.
2. If possible, give yourself sunlight or very bright indoor light first thing in the morning.

### **Avoid/reduce naps**

By not napping, you help to ensure that any sleep debt from last night will increase your likelihood of falling asleep quickly tonight.

### **Exercise:**

1. Determine your average Total Sleep Time from your sleep log: \_\_\_\_\_
  - a. This is how much Time in Bed you get to spend this week
2. Decide your Wake Up Time: \_\_\_\_\_
3. From that, determine your Bed Time: \_\_\_\_\_
4. Determine your Sleep Efficiency (Time Asleep ÷ Time in Bed): \_\_\_\_\_
  - a. This will help you see how much you improve.

### **Assignment:**

1. Continue to complete the sleep logs
2. Keep a set "Time in Bed" window: Go to bed consistently at your Bed Time and set an alarm to get up consistently at your Wake Up Time
3. Follow Sleep Guidelines (Refer to Guide to Overcoming Insomnia)
4. What might make these changes difficult?