

SESSION 2. SLEEP HYGIENE BEHAVIORS

Purpose:

1. Review Sleep Log and adjust Time in Bed Window
2. Review Stimulus Control Strategies (Bed = Sleep)
3. Review Sleep Hygiene: how your behaviors can make sleep easier at night and being awake easier during the day

1. REVIEW SLEEP LOG AND ADJUST TIME IN BED WINDOW

- a. If last week's average sleep efficiency > 85%: (increase Time in Bed by 15 minutes)
- b. If last week's average sleep efficiency < 80%: (Decrease Time in Bed by 15 minutes)
- c. Otherwise, maintain Time in Bed Window

2. REVIEW STIMULUS CONTROL STRATEGIES (BED = SLEEP)

- a) Break association between bed and responses such as frustration, anxiety, wakefulness, etc.
- b) Strengthen association between bed and sleep.

3. PROBLEM SOLVE ANY DIFFICULTIES ADHERING TO TIME IN BED WINDOW/STIMULUS CONTROL STRATEGIES

4. REVIEW SLEEP HYGIENE

Examine how your behaviors can make sleep easier at night and being awake easier during the day

EXERCISE:

Q. What are 2-3 rules of Sleep Hygiene that you are breaking and how can you fix that?

Sleep Hygiene Problem	Solution

Is My Solution SMART?

- Specific and small
- **M**easurable
- **A**ction oriented
- **R**ealistic
- **T**ime stamped

Example SMART Goal: "Each night, I'll leave my bedroom if I'm awake for 20 minutes or more" or "On Tues and Thurs morning of this week I will exercise (take a walk) for 20 minutes".

Assignment:

1. Adjust your Time in Bed window, if necessary
2. Continue to complete the sleep log