

The Sleep Restriction and Stimulus Control Procedures

1. Restrict the amount of time you spend in bed to the actual amount of time you sleep (i.e., _____ hours).
2. Go to bed only when you are sleepy.
3. Get out of bed if you can't fall asleep or go back to sleep within 10-15 minutes: return to bed only when you feel sleepy. Repeat this step as often as necessary during the night.
4. Maintain a regular arising time in the morning.
5. Use the bed/bedroom for sleep and sex only; do not watch T.V. , listen to the radio, eat or read in bed.
6. Do not nap during the day.

From: Insomnia: Psychological Assessment and Management. Charles M. Morin.
New York: Guilford Press, 1993.