

sleep stimulus control **instructions**

- 1.)** Do not use your bed or bedroom for any activity other than sleep. You should not watch television, read, talk on the telephone, worry, argue with your spouse, or eat in bed. The only exception to this rule is that you may engage in sexual activity in bed.

 - 2.)** Establish a set of regular presleep routines to signal that bedtime approaches. Lock the door, brush teeth, set the alarm, and perform any other behaviours that make sense for this time of night. Do these activities in the same order each night. Use your preferred sleep posture and combination of favourite pillows and blankets.

 - 3.)** When you get into bed, turn out the lights with the intention of going to sleep. If you cannot fall asleep within 15 minutes get up and go into another room. Engage in some quiet activity until you begin to feel drowsy and then return to the bedroom to sleep.

 - 4.)** If you still do not fall asleep within a brief time, repeat the previous step. Repeat this process as often as it is necessary throughout the night. Use this same procedure if you awaken in the middle of the night and do not return to sleep within 15 minutes.

 - 5.)** It makes very good sense to use stimulus control in combination with sleep restriction. See the companion handout and also chapter 4 in Colin Espie's excellent book "*Overcoming insomnia and sleep problems*".
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