**My Sleep Plan**

Current total sleep time (TST): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Current time in bed (TIB): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Use the bed/bedroom for sleep and sex only; do not watch TV, use electronics, eat, or read in bed.
2. Go to bed only when you are sleepy

If my new bedtime is later, in my “extra” time I will: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. 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.

If I am unable to fall or return to sleep, I will: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Maintain a consistent waketime (see below)

If I have difficulty getting out bed in the morning, I will: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Do not nap during the day.
2. Allow yourself at least an hour before bedtime to unwind

Target new TIB : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \*\*If setting for the first time, use current TST

New Bedtime: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

New Risetime: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_