Stimulus Control: Strategies for Implementation

**Lie down and try to go to sleep only when you are sleepy**
This helps you become aware of your own body’s signs that you are sleepy rather than depending on the clock. It also makes it more likely that when you do go to bed, you will fall asleep quickly.  
*Note: While you are in this therapy, you should not go to bed earlier than the sleep time assigned by your therapist, even if you are sleepy.*

Your body’s signs you are sleepy:  
________________________________________________________________________________________

My assigned sleep time is:__________

**Do not use the bed for anything except sleep**
Many people with problems falling asleep do many things in bed other than sleep (read, eat, watch TV, etc.). DO NOT do these things and DO NOT worry or re-live the day’s events in bed. This will help make sure you do not connect the bed and bedroom with being awake and active or being stressed-out. The exception to the rule is sex (it would hardly be fair to ask someone to find a new spot if the bed is a favorite). Follow these tips after you are done.

Places you can shift non-sleep activities:  
________________________________________________________________________________________

**If you cannot fall asleep quickly (about 15-20 minutes), get out of bed, go into another room, and do something relaxing**
You want to connect the bed with falling asleep easily. Also, getting out of bed allows you to control the situation and break the cycle of lying in bed frustrated and angry at not falling asleep (which, of course, makes it harder to fall asleep).

Things you can do when you cannot fall asleep:  
________________________________________________________________________________________

Once out of bed, you should go into a different room (so the bedroom is not connected with being awake) and do something relaxing, with as little light as possible. Do not go back to bed until you are sleepy and think that you can fall asleep quickly.

Place(s) where you can do above activities:  
________________________________________________________________________________________

**If you still cannot fall asleep after going back to bed, repeat #3 as often as necessary. Also, do this if you wake-up in the middle of the night and cannot fall back asleep.**
DO NOT watch the clock. Instead, if you feel like it is taking too long to fall asleep or you are starting to get frustrated about being awake or thinking so much you cannot fall asleep, you should get up.
Get up at the same time every day (yes, even weekends!), regardless of how much (or how little) you slept the night before. This helps set a consistent and strong sleep-wake pattern. Also, if you sleep poorly one night, you will be extra sleepy the next night and should be able to fall asleep more quickly. That will help to make a stronger connection between your bed and falling asleep quickly.

Time I will get up each day: ____________

DO NOT take daytime naps. This breaks up the normal sleep-wake pattern, makes it harder to fall asleep at night, eliminates the advantage of #5, and generally screws the whole system up.

Things to do instead of taking naps: ____________________________________________________________