

STICKING TO THE PROGRAM

July, 2021

We realize that it can be difficult to stick to a self-management program. However, it is important to remind yourself that the procedures in this program have been extensively researched and represent the best science has to offer for conquering a long-term insomnia problem. Many people have improved their sleep through following the guidelines. The following points may help you to stick to the program.

1. Find activities to engage in when out of bed during the night.

- Plan activities to engage in when you are not in bed at night. These activities should be non-stimulating.
- Prepare any materials needed to get out of bed (e.g., robe, book, etc.) ready prior to bedtime.

2. Identify cues to determine sleepiness and time to return to bed.

- Examples of “Sleepy Behavior” include yawning, heavy eyelids, nodding off, etc.
- Remember that the longer you stay up and the sleepier you are, the quicker you will fall to sleep.

3. Use alarm clock to maintain regular arising time.

- You may also want to plan social, work or family commitments to increase motivation to adhere to arising time.

4. Find competing activities to fight the urge to take a nap or overwhelming sleepiness before your prescribed bedtime.

- These activities should be physical (e.g., housework, walking) rather than cognitive (e.g., reading) or passive (e.g., watching TV).
- Examples include: having someone visit in the evening, talking on the phone to a friend, working a puzzle, drawing, etc.

5. Secure support from your spouse/significant others.

- Typically your bed partner will be deeply asleep and will not notice you getting out of bed.
- If necessary, consider moving to a different bedroom for the duration of treatment.
- Have friends/family members help you adhere to the sleep guidelines. For example, a family member could play a game with you to help you stay awake until bedtime.

Primary Care Behavioral Health