

Simplified sleep restriction for insomnia

The treatment we are proposing involves retraining your brain by doing sleep restriction to sleep better and deeper.

1) calculate the time spent in bed.

For time in bed restriction, total time in bed allowed initially is equal to the average total sleep duration plus 50% of the total time spent awake in bed (therefore reducing the total additional 'wake time' by half), with a minimum time in bed of 5 hours.

Put numbers into the slots below

From what you are telling us, you go to sleep around ____, stay awake for about ____ hours and only actually sleep for ____ hours. Approximately, you are only ____ % efficient which results in very poor quality and unrefreshing sleep. Ideally, people should be getting 80-90% sleep efficiency.

What possibly happens in your sleep is that you "snorkel in the sea of sleep" for ____ hours and you only "scuba dive" for ____ hours. It's generally better if the snorkeling is limited and the scuba diving is longer. The deeper the sleep, the more refreshed you are. The actual length is not as important as the depth. There are a lot of people who feel refreshed even with less than 5 hours of sleep as long as it is deep and uninterrupted.

In order to make your sleep more efficient and hopefully more refreshing, we propose that for the next two weeks, we attempt to retrain your brain to sleep better.

2) We can achieve this by rescheduling your sleep such that the "snorkeling" or the wake up periods are less and the deep sleep or scuba diving is longer. This can be done by limiting your total time in bed to ____ hours which approximates your reported total time in sleep.

If you were only allowed ____ hrs of sleep per night, what will be an acceptable lights out time and getting out of bed time for you?

____ lights out time ____ out of bed time

This seems harsh but just think of it as a retraining period for your brain to get to know how to sleep deep again. If you limit the time you spend in bed for two weeks, your brain becomes quite thirsty for sleep such that when you allow it to sleep at the appointed time, your brain just soaks in sleep like a dry sponge and will not want to wake up until you get out of bed.

The first week can be quite hard and we cannot minimize that. But for it to work, you need to give this sleep protocol your very best. Studies show that about 90% of people like you have significant improvement after two weeks with this protocol.

Our instructions for you for the next two weeks:

- 1) You are not allowed to be in bed earlier than ____ PM/AM.
- 2) You have to be out of bed by ____ AM regardless of the length or quality of your sleep that night.
- 3) Avoid naps as this can affect the effectiveness of the sleep protocol.
- 4) Limit use of caffeine, alcohol, cigarettes and other substances that can affect sleep.
- 5) Keep a DAILY SLEEP DIARY for the next two weeks, to record your sleep pattern.
- 6) Please be careful with driving or operating machines as your coordination can get impaired for the next few days.
- 7) If after two weeks you are still not sleeping deeply then shorten the time spent in bed by 30 minutes and try that for 2 weeks. If that means you would be spending less than 5 hours in bed per night then you need to consider having an overnight sleep study as your sleep problem may not be responsive to this treatment.
- 8) If you are sleeping more deeply but getting drowsy during the day you may wish to try increasing your time in bed by 30 minutes for another two weeks.