

Stimulus Control Instructions

1. Lie down in bed intending to sleep *only when sufficiently sleepy*.
2. If unable to fall asleep within 30 minutes initially, or within 15 minutes after waking during the night, get up and go to another room. (Don't watch the clock, as it may trigger sleep-defeating thinking; just estimate your time awake. Better yet, if you're awake in bed and experience the familiar mental activity and physiologic hyper-arousal associated with not sleeping, get out of bed immediately without waiting for the prescribed amount of time to pass.)
3. Keeping light exposure to a minimum, engage in a relaxing activity such as reading, working a puzzle or listening to soothing music. The activity should not be strongly goal or profit oriented (so no housework, homework or office work), as it is important not to give your insomnia a function and thus positively reinforce it. It is also important not to fall asleep in the other room.
4. When *very* sleepy, return to bed, relax and allow sleep to come.
5. Repeat steps 2 through 4 *as often as necessary*.

And remember . . .

- Don't use your bed for anything besides sleeping and sex.
- Set the alarm for the same time every morning regardless of the amount of sleep you've had.
- Don't nap during the day until your sleep is thoroughly reconditioned, then only for up to 20 minutes.