My sleep window

Spending less time in bed, for a while, to get deeper and more solid sleep.

Name _____ Date _____

If you are in bed for eight hours and asleep for five and a half, your sleep is spread thin. Matching your time in bed to the sleep you are actually getting squeezes it into one solid block. Once it is solid, you lengthen it again.

Read this first

This method makes you sleepier in the short term. Talk to your GP or therapist before using it if you have bipolar disorder, epilepsy, a history of seizures or psychosis, or untreated sleep apnoea. The same goes if you drive for work, operate machinery or do other safety-critical work. Do not drive when sleepy.

Setting my sleep window

1. From my sleep diary, my average sleep per night is about:
2. My sleep window is that amount of time, and never less than five and a half hours.
3. My fixed getting-up time, every day:
4. Counting back, my earliest bedtime is:

Average sleep per night	Getting-up time	Earliest bedtime

The rules

- Do not go to bed before my earliest bedtime, even if I am sleepy.
- Get up at my fixed time, whatever the night was like.
- No naps, and keep the sleep diary going.

Adjusting each week

Efficiency 85% or more	Add 15 minutes to my window by going to bed 15 minutes earlier.
Efficiency 80% to 84%	Keep the window the same for another week.
Efficiency under 80%	Shorten the window by 15 minutes, but not below five and a half hours.

Week	Bedtime	Getting-up time	Sleep efficiency	Change for next week
1				
2				
3				
4				

This method is known as sleep restriction therapy, developed by Arthur Spielman.

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