

Sleep Rules for Cognitive Behavior Therapy of Insomnia

1. Wake up and get out of bed at the same time every day.
2. Use the bed only for sleep and sexual activity.
3. If awake in bed for more than about 15-20 minutes, get up and do a quiet activity.
4. Do not worry, problem-solve or plan in bed.
5. Strictly avoid napping or dozing; sleep only during scheduled time in bed.
6. Go to bed only when sleepy, but not earlier than your calculated bedtime (see "How to Calculate Time in Bed").