

Sleep intervention instructions

This 2-week treatment involves 'retraining' your brain to sleep better and deeper.

You report going to sleep around ___ am/pm, staying awake for about ___ hours and sleeping for ___ hours. This means you have approximately ___ % sleep efficiency, which results in very poor quality and unrefreshing sleep. Ideally, people should have 80–90% sleep efficiency.

This may mean you have light sleep (with frequent wake-ups) for ___ hours and deep sleep for ___ hours. It is generally better if light sleep is limited and deep sleep is longer.

The deeper the sleep, the more refreshed you are. The depth of sleep is more important than the length of sleep. A lot of people feel refreshed with fewer than 5 hours of sleep as long as it is deep and uninterrupted.

We propose that for the next 2 weeks, you try to retrain your brain to sleep better. You can retrain your brain to reduce the wake-up periods and increase your deep sleep periods. This can be done by limiting your total time in bed to ___ hours, which is the same as your reported total time in sleep.

If you limit the time you spend in bed for 2 weeks, your brain will become thirsty for sleep.

If you were only allowed ___ hours of sleep per night, what would be an acceptable lights out time and getting out of bed time for you? (Response: ___ pm lights out time; ___ am out of bed time)

The first week may be quite hard. But studies show that about 90% of people like you have significant improvement after 2 weeks using these instructions.

For the next 2 weeks:

- You are not allowed to be in bed earlier than ___ pm/am.
- You have to be out of bed by ___ am, regardless of the length or quality of your sleep that night.
- Avoid naps.
- Limit use of caffeine, alcohol, cigarettes and other substances that can affect sleep.
- Keep a **sleep diary** for the next 2 weeks, to record your sleep pattern.
- Be careful with driving or operating machines as your coordination may be impaired for the next few days.
- If you have urgent questions, please ring your healthcare professional on _____.

It is very important that you return see your healthcare professional after 2 weeks. If this plan is not working, we can discuss other treatment options.

You are scheduled to see us again at _____ (time) on _____ (day of week)
_____ (date).