

Talkspace Sleep Therapy

WORKSHEET

FAQ | Sleep restriction therapy

When should I set my bedtime?

It is generally best to set your bedtime for when you typically sleep best.

If you tend to fall asleep easily but wake up later and can't fall back to sleep, then set your bedtime for the earlier time when you fall asleep easier to capture those hours (for example, if your calculations put you at 6 hours in bed, and you usually fall asleep around 9pm, then you may set your bedtime for 9pm and your wake time for 3am).

If on the other hand you struggle to fall asleep, then set your time for later to avoid extra time in bed (for example, if your calculations put you at 6 hours in bed, and if you usually fall asleep around 3am, then set your bedtime for 3am and your wake time for 9am).

My sleep or wake time is really early or really late – what should I do with that extra time?

You can do whatever you like! Stay out later socializing, work later (or earlier) or accomplish household tasks. You can exercise, read, watch movies. The time is yours, do what you'd like to do.

I've set my bed time for the hours I rest best, and although I've added two or more 15 minute increments to my time in bed I'm not sleeping past my old wake time.

The strategy here is to move your sleep and wake times to when you don't sleep as well. If your bedtime is 9pm currently, then move it back to 11pm to increase your sleep drive and start capturing more of the time when you don't sleep well. Once this is done, then you can move back to your desired bedtime.

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I'm starting to feel more groggy when I wake up.

This can be a good sign! We feel groggy when we are awakened from deeper sleep and getting more deep sleep is exactly what SRT is designed to do. You may experience changes immediately or it may take 2 to 3 weeks. What's important is that you stick to your plan whether the result is fast or slow and give your body time to adjust to a new sleep pattern.