

Talkspace Sleep Therapy

WORKSHEET

FAQ | Stimulus control

Do I have to stop reading or relaxing while watching TV in bed?

You don't "have" to do anything (and having the mindset that you "have" to do any of this will get in the way if it succeeding). But you can choose to alter your sleep habits, knowing that as you do you will be able to sleep more reliably.

What should I do when I get out of bed and go to another room?

Anything that is not stimulating and can easily be put down when you start to feel tired. This will be different for everyone. Reading a book that won't hook you too much, folding laundry, knitting, cleaning and organizing are things that work for some people. But do not eat. Eating begins to train your body to expect food at night and can increase your wakefulness.

I can't give up my daytime nap, besides lots of cultures rely on daytime naps...

Maybe worth revisiting the idea of willingness, and that you don't "have" to do anything. Additionally, none of these changes have to be permanent or last forever. The focus for the time being is on increasing the connection between your bed and sleep, as well as strengthening your sleep drive so that over the course of a couple weeks you can start to fall into a reliable sleep pattern.

WORKSHEET

FAQ | Stimulus control

When I get out of bed I find that I never get sleepy even if doing something boring.

Discuss what activities you're engaging in with your therapist. If your activities seem appropriate and you're still not getting sleepy then use time as a measure – give yourself about 30 minutes away from bed before returning even if you're not feeling as sleepy as you'd like.

I'm sick with the flu or other illness.

It's important you get the rest you need, but you can still follow these principles – rest on a couch or in a chair and sleep in bed. If you're sleeping more, you'll be sleeping in bed more.

Note: 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.