



## TRAIN YOUR BRAIN FOR SLEEP!

*Spending a lot of time in bed awake, night after night, sometimes causes sleep problems because it confuses the brain. To sleep well, the brain needs to learn that the bed is a place for sleep. The steps below will help re-train your brain to sleep in bed.*

1

### **USE THE BED ONLY FOR SLEEP.**

Don't eat, read, watch TV, argue, talk on the phone, or do anything else except sleep in bed. Only get in bed when it's time to sleep. This teaches the brain that the bed is for sleep. (It's ok to use the bed for sex, but nothing else.)

2

### **DO NOT GO TO BED UNTIL YOU ARE VERY TIRED.**

Do not go to bed based on the time. Instead, go to bed only when you are so tired you can barely keep your eyes open. At first you might stay up later than usual when you do this, but that's ok. After a week or so, you will start getting tired earlier in the night.

3

### **IF YOU ARE AWAKE IN BED MORE THAN 30 MINUTES, GET OUT OF BED AND DO SOMETHING RELAXING.**

This is important! Remember, you need to train your brain that the bed is only for sleep (it's not for being awake!). If not sleeping, get out of bed and do something relaxing or boring.

4

### **WHEN YOU FEEL TIRED AGAIN, GET BACK IN BED.**

When you feel tired again, get back in bed (don't fall asleep anywhere else!). But if you still aren't sleeping after 30 minutes, get up again. You might need to get in and out of bed a few times, but this should improve after a week or so.

5

### **GET OUT OF BED AT THE SAME TIME EACH DAY.**

No matter what time you fall asleep during the night, make sure to get up at about the same time each day (even on weekends). Sleeping one or two hours later is not normally a big problem but sleeping a lot later can cause problems.

6

### **DO NOT NAP DURING THE DAY**

If you are very tired in the daytime, it's ok to nap once for 30 minutes. But set a timer, or ask someone to wake you up, to make sure you don't sleep longer.

### **MOST IMPORTANT: HAVE PATIENCE!**

If you have had sleep problems for a long time, there is no quick fix. But with time, sleep can get better. If you follow these steps, you might get less sleep at first, but after one or two weeks, you should start sleeping better.

