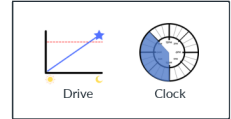


Can't Sleep Plan

STEP 1: Attempt sleep only when you have enough sleep potential



First, always to determine if you have enough potential for good sleep.

- Have you built up enough pressure for good sleep (sleep drive)? Take into account the 14-hour rule, naps, and your level of activity that day.
- Is it the right time to sleep based on the current timing of your body clock? Are you in your forbidden zone (a period of high alertness that occurs shortly before your ideal sleep time)?

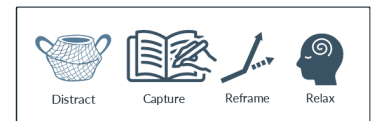
If you don't have enough sleep drive or it's too early for sleep based on the current timing of your clock, don't attempt or expect sleep. Engage in another activity and aim to power down 30 minutes before you anticipate having enough sleep potential.

STEP 2: Address obvious sleep blockers



If you have enough sleep potential, address any sleep blockers that prevent you from powering down. Avoid getting into bed or leave the bed. Move away from activities and stimuli that are keeping you alert. Address any environmental or household factors that are keeping you activated.

STEP 3: Power down and address a busy mind.



Distract with a relaxing activity, capture thoughts on paper, focus your attention on more helpful thoughts (reframes), or use a relaxation strategy.

Distract	Reframe	Relax

Get into bed only when on the verge of sleep

Ask yourself: *Out of 10, how likely is it that I fall asleep in the next few minutes?*

Aim for at least an 8. If you get into bed and feel alert or you are awake for more than 10-15 minutes, get out of bed and return to this Can't Sleep Plan. Repeat as needed.