

Initial Sleep Prescription Form

CALCULATE SLEEP EFFICIENCY

Step 1: Total average sleep time: Add Naps + total actual sleep time in bed = _____ hours

Step 2: Total average time spent in bed (both awake and asleep) (TIB): Add the entire time i.e. watching TV, up and awake on the pillow + actual sleep time = _____ hours

Step 3: Sleep Efficiency: Step 1/Step 2 X 100 = _____ (ideal is more than 85%)

YOUR SLEEP PRESCRIPTION

Your daily wake-up times 7 days a week is: _____ O'Clock

-The patient will settle on this, taking into account PT schedule etc. Pick a time that can be followed most of the days.

Your EARLIEST bed-time for the next week is: _____ O'Clock

-Calculation: Reverse calculate Step 1 + 1 hour from Daily Wake-up time

RULES FOR SLEEP

1. Select a standard wake-up time: wake-up at the same time regardless of what time you fell asleep or whether it's your day off. Avoid "sleeping-ins".
2. Use bed for sleeping only: Do not read, watch TV, eat, study, use the phone. At minimum don't do these activities while lying down.
3. Get up when you can't sleep: do not stay awake for more than 30 min in bed. If not asleep by then, get up and do something low stimulation activity until you are sleepy and then return to bed. Repeat this as many times as it takes.
4. Don't worry or do planning in bed: If your mind seems to be racing or you can't seem to shut off your thoughts, get up and do something else until you can return to bed without this thinking interrupting your sleep. You may write your worries on the *Constructive Worrying Sheet*
5. Avoid day-time napping: Naps put you in a "jet lag" and takes away your drive to sleep at night when you want to sleep.
6. Go to bed when you are sleepy. If you aren't sleepy and try to force yourself to sleep, it will just add to your frustration. *Just listen to your body.*

Please bring this form with you to any subsequent appointments.