

# STIMULUS CONTROL THERAPY

*As with any treatment it is recommended that you seek consultation with a qualified health care professional before engaging in this therapy. Additionally you should avoid operating a motor vehicle when feeling sleepy.*

**Stimulus control therapy is based upon the premise that time spent in bed worrying about sleep is counterproductive to initiating sleep and creates secondary conditioning of sleeplessness.**

Like any therapy which attempts to change behavior this treatment requires time and patience!

1. Preferably with the assistance of your clinician establish a regular bedtime and wake time. The total time in bed should generally be no more than 8 hours and you should not sleep past your wake time (i.e. for a bedtime of 10pm the wake time should be around 6am). Unless otherwise instructed by your physician, you should avoid daytime napping.
2. Do not go to your bedroom until you are feeling sleepy even if this is past the previously mentioned “bedtime”.

If you are unable to fall asleep within 15-20 minutes get out of bed and go to another room where you can relax until you again feel sleepy at which time you should return to bed and repeat the process until your established wake time.