

WORKSHEET 6.1: Your Stimulus Control Therapy Plan

Stimulus Control: Basic Recipe

1. Limit behavior in bed and in your bedroom to sleep and sex.
2. Lie down only when sleepy.
3. If, at any time during the night, you are awake for more than twenty minutes, leave the bedroom and do something boring or relaxing.
4. Return to bed when sleepy. (Do not sleep in another room.)
5. Repeat steps 3–4 as needed.
6. Fix your wake time—get up at the same time each morning regardless of how much sleep you got.
7. No daytime naps.

Where in my home I will go:

Activities I will engage in (*be specific!*):

Preparations to make ahead of time (for example, put low-watt bulb in table lamp, select book):

My target bedtime: _____ My consistent wake time: _____

Strategies for avoiding naps or nodding off:

What I will have to give up (for example, “the comfort of going to sleep to the sound of the TV,” “the solitude I get from spending time in my room,” “sleeping in on weekends”):

What discomfort I may experience (for example, “I may be even more tired at first,” “I may be really sleepy without my afternoon nap or sleeping in on weekends,” “Guilt for disturbing my bed partner”):

Why I’m willing to give these things up (for now) and experience these discomforts (for now):
