



Calculations

$$\text{Sleep Efficiency (SE)} = \left(\frac{\text{Average TST}}{\text{Average TIB}} \right) \times 100$$

SE of **85%** or better is the target.

TST = Total Sleep Time, TIB = Time in Bed

Stimulus Control Instructions

Strengthening the cue between sleep and bed

- ✓ **Bed is for sleep and sex only**
- ✓ Avoid sleep-incompatible activities in bed
Ex: TV, cell phone, reading, paying bills
 - ✓ Don't worry, think/plan, in bed
- ✓ Go to bed only when **sleepy**, your TIB should match your body's capacity for sleep
- ✓ If unable to sleep, **get out** of bed & engage in **pre-planned** arousal reducing activities
- ✓ Wake up at the same time regardless of how much you slept, yes, that means the weekends too

Determining Bedtime

If **SE > 85%** - **Increase TIB** based on:

- a) Score 9 or less – No change in TIB
- b) Score 10-12 – TIB increased by 15 minutes that week
- c) Score 13 or more – TIB increased by 30 minutes for that week

If **SE < 80%** -- **Reduce TIB** based on:

- a) Score of 9 or less – TIB reduced by 15 minutes that week
- b) Score \geq – No change in TIB



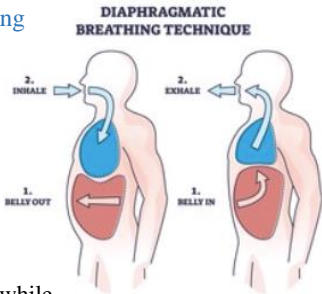


Diaphragmatic Breathing

is a quick and easy way to regulate your Autonomic Nervous System (ANS) to manage stress/ arousal to facilitate the onset of sleep.

Practice At Rest:

Inhale through the nose while inflating the belly. Exhale through the nose completely deflating the belly by tightening the core. Example: 5in/5out cadence.



Sleep Apps

CBT-I Coach
Free App

Sleep diary, education on developing positive sleep routines, and improving sleep environments



Headspace

Free for service members

Sign up @: <https://bluestarfam.org/perks/>

Follow link on website to Headspace

Supplements

Thorne Sleep Plus

Chamomile 100mg: Calming

L-Theanine 200mg: Linked to lowering BP

Melatonin 1mg: Recommended dose

<https://www.thorne.com/products/dp/sleep>

