Gauging Progress and Making Adjustments

Find the Outcome and Recommendation that Fits Your Sleep Pattern over the past few nights. You can r*ead more about each outcome on the page below this table.*

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| Outcome: | During the past few nights, your SEFF scores have been: | During the past few nights, how rested you’ve been feeling is: | Recommendation: |
| A | Close to or above 85% nearly every night. | 3 or 4 on most nights. | Congratulate yourself! You have made great progress. Your SEFF score is equal to or better than the average American’s SEFF score (83%). Continue with the same sleep schedule. Over time, your SEFF could improve. |
| B | Close to or above 85% nearly every night. | Less than 3 on most nights. | Add 15 minutes to your prescribed DSE at either night or morning. Reassess after 10 days to see which Outcome fits you best. Follow the recommendations for that Outcome. |
| C | Gradually improving BUT have not come close to 85% on most nights. | The recommendation is the same regardless of how rested you generally feel. | CONTINUE with your currently prescribed DSE for another 10 days. Then reassess to see which Outcome fits you best. Follow the recommendations for that Outcome. |
| D | Less than 85% on most nights AND stable (not much improved but not getting much worse.) | The recommendation is the same regardless of how rested you generally feel. | Reduce your prescribed DSE by 15 minutes at either night or morning for another 10 days. BUT do not reduce it to less than 5.5 – 6 hours. Then reassess to see which Outcome fits you best. Follow the recommendations for that Outcome. |
| E | Less than 85% on most nights with SOME improvement in SEFF, but not enough. | Less than 3 on most nights. | Reduce your prescribed DSE by 15 minutes at either morning or night for another 10 days. BUT do not reduce it to less than 5.5 – 6.0 hours. Then reassess to see which Outcome fits you best. Follow the recommendations for that Outcome. |