

## Sleep Episode Rationing Worksheet

1. From this past week's SomniLog add each night's Total Sleep Time.

\_\_\_\_\_  
*Sum of Total Sleep Time*

2. Enter the Number of Nights on which the Total Sleep Time (line 1) is based.

\_\_\_\_\_  
*Number of Nights*

3. Divide Line 1 by Line 2 to get your Average Total Sleep Time.

\_\_\_\_\_  
*Average Total Sleep Time*

4. Choose your "Cushion."

Level 1 Cushion = .5 hours

Level 2 Cushion = .75 hours

Level 3 Cushion = 1 hour

\_\_\_\_\_  
*"Cushion"*

5. Add Lines 3 and 4 to arrive at the prescribed Duration of Sleep Episode.  
(If less than 5.5/6 hours, increase it to 5.5 - 6 hours).

\_\_\_\_\_  
*Prescribed Duration of Sleep Episode*

6. Choose a Wake-Up Time that will work every day for you.

(Allow 1/2 - 1 hour extra on the weekends ONLY IF you feel it is necessary.)

\_\_\_\_\_  
*Wake-Up Time*

7. Subtract Line 5 from Line 6 to arrive at the time you should first close your eyes to begin trying to sleep. We'll call that your Eyes-Closed Time.

\_\_\_\_\_  
*Eyes-Closed Time*

Now you have your prescribed Eyes-Closed Time and your Final Wake-Up Time. You are ready to start!

*Note: Before starting, please be sure you read all the information about this procedure in Chapter 12. A good understanding of the reasons for the procedure will help you stick with it. Sticking with it is necessary to reap the benefits.*

