**Worksheet 17.3** Stimulus control worksheet

**Putting sleep changes into action: Stimulus control**

**Change:**

*1*

**Week commencing:** *2/9/19*

**Specific behavioural change to put into action:** Fixed wake-up time everyday

**How I can apply this:** *Set an alarm for a reasonable time and then make sure I get up! Maybe I’ll put the alarm clock at the other side of the room.*

**What might get in the way:** *If I’m still tired I won’t want to get up!*

**How might I overcome this:** *Remind myself of why it is important, think about the long-term benefits (i.e. hopefully my sleep problems will get better).*

**How did it go?** (What went well? What didn’t go well? What got in the way? How will I maintain this?)

**Change:**

*2*

**Week commencing:** *2/9/19*

**Specific behavioural change to put into action:** *Only use bed for sleep and sex.* **How I can apply this:** *Watch box sets on sofa in spare room rather than in bed.* **What might get in the way:** *I’m just in the habit of watching box sets in bed.*

**How might I overcome this:** *Keep my laptop in the spare room rather than bedroom, tell my partner to remind me if I go to watch box sets in bed, make the spare room cosier.*

**How did it go?** (What went well? What didn’t go well? What got in the way? How will I maintain this?)

**Change: Week commencing:**

*3* **Specific behavioural change to put into action: How I can apply this:**

**What might get in the way:**

**How might I overcome this:**

**How did it go?** (What went well? What didn’t go well? What got in the way? How will I maintain this?)