**Worksheet 17.4** Sleep restriction worksheet

**Putting sleep changes into action: Sleep restriction**

**Week commencing:**

You will need to use your completed sleep diary to help you fill out this worksheet.

Calculate your mean weekly total sleep time (TST) by adding up how many hours you have spent *asleep*

over the last seven days, converting this to minutes and dividing by seven. Put this in the box below. Then calculate your new time in bed prescription (TIB) by adding 30 minutes to your mean weekly TST, convert this back to hours. Write this in the box below.

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| --- | --- | --- | --- |
| **Mean weekly TST (minutes)** |  | **TIB prescription** | Minutes:Hours: |

Your TIB prescription is the amount of time you will need to spend in bed over the next week. Record what time you want to wake up (keep this consistent) and then take away your TIB prescription from this to work out what time you need to go to bed.

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| --- | --- | --- | --- |
| **Wake time** |  | **Bedtime** |  |

Over the next week stick to your bedtime and wake time as recorded above. Keep filling out the sleep diary, making sure to track your TST. Use this worksheet to think about whether anything will get in the way of sticking to your bed and wake times. What might help you overcome these?

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| --- | --- |
| **Potential barriers to my planned bed and****wake times** | **What might help me to overcome these****barriers?** |
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After a week of going to bed and waking up at your new bed and wake times, calculate your sleep efficiency to see if you should adjust your TIB prescription. Firstly, you will need to re-calculate your mean weekly TST based on your most recent sleep diary, then calculate sleep efficiency using the following formula:

(Mean weekly TST TIB prescription) x 100.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Mean weekly TST****(minutes)** | ÷ | **TIB prescription****(minutes)** | = | **x 100** |
|  | ÷ |  |  |  |

This should give you a percentage. If this percentage is below 85%, reduce the initial TIB prescription by 15 minutes. If the percentage is between 85% and 89% keep the initial TIB prescription the same. If the percentage is 90% or over, add 15 minutes on to the initial TIB prescription.