PRINTABLE PACK · BEYOND SLEEP HYGIENE

The whole program on one page

Pin this somewhere you will see it every morning. Grades are the book's: **A** strong, consistent evidence · **B** good evidence with caveats · **C** plausible, under-evidenced · **D** popular but unsupported.

ELEMENT	GRADE	WHAT YOU ACTUALLY DO
Fixed rise time	A	Same time seven days a week, six weeks, no exceptions. The anchor for everything.
Stimulus control	A	Bed only when sleepy. Awake and frustrated ~20 min: get up, dim room, dull activity, return when sleepy. Bed for sleep and sex only.
Sleep restriction	A	Window = average total sleep time, minimum 5 hours. Count back from the fixed rise time.
Weekly titration	A	≥ 90% efficiency: +15 min. 85–89%: hold. < 85%: −15 min, never below 5 hours. Once a week only.
No naps, no sleeping in	A	Both spend the sleep pressure the window is building.
Morning light	A	Outdoors, 10–20 min, within two hours of rising. A window does not count.
Dim evenings	A	Overheads off for the last 90 minutes. Total light, not device type.
Caffeine cutoff	A	Eight hours before intended bedtime. Hard line.
Alcohol	B	Earlier and smaller. Never as the mechanism for getting to sleep.
Exercise	B	3–5 sessions weekly, sustainable intensity. Alongside the protocol, not instead of it.
Cognitive work	B	Write down the catastrophic beliefs and the evidence against them. Keep the page to hand at night.
Mindfulness / acceptance	B	Ten minutes daily if you want it. Works by reducing sleep effort, not by relaxing you to sleep.
Relaxation training	C	Optional. Never as a lever to make sleep happen.
Melatonin	C	Small effects on sleep onset. A timing signal, not a treatment for chronic insomnia.
Sleep hygiene alone	D	Keep the habits. Stop expecting them to treat you.
Blue-light glasses	D	Dim the room instead.

Before you use the window: read the safety page at the front of the book. Sleep restriction makes you sleepier for the first one to two weeks. Do not drive or operate machinery when sleepy. Do not start it alone if you have bipolar disorder, a seizure disorder, suspected sleep apnea, a parasomnia, are pregnant, or take sleeping medication you have not discussed with the prescriber. This pack is not medical advice.

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Three decision trees

For the three moments when you need an answer in ten seconds, not a chapter. Keep this by the bed.

“It’s 3am and I’m awake”

1. **Distressed or frustrated?** If no, stay put. The rule targets bed paired with frustration, not wakefulness itself.
2. **If yes — awake roughly twenty minutes?** Get up. Estimate; don’t check the clock.
3. **Leave the bedroom.** Dim light, dull activity. No screen, no productive task, no food.
4. **Return only when sleepy.** Eyes closing — not merely tired of sitting there.
5. **Awake again twenty minutes later?** Repeat. As many times as it takes.
6. **Whatever happened,** get up at your fixed rise time. That is what makes tonight work.

“I slept badly and tomorrow matters”

1. **Keep the rise time anyway.** Sleeping in carries the disruption into tonight.
2. **Daylight immediately,** and for longer than usual.
3. **Caffeine once, early, normal dose.** Keep the cutoff.
4. **Twenty minutes of easy aerobic work** if you can. It partly offsets the cognitive cost.
5. **Move detail-critical work later** if possible. Error-checking is impaired and you will not notice.
6. **No nap, no early night, no wider window.** Tonight’s sleep pressure is the asset.

“Should I change my window this week?”

1. **At least four nights of diary this week?** If not, hold and review next week.
2. **Average efficiency 90% or above?** Add 15 minutes at the front: bedtime earlier, rise time unchanged.
3. **Between 85% and 89%?** Hold. Change nothing.
4. **Below 85%?** Take 15 minutes off — unless you are at five hours, then hold.
5. **Dangerously sleepy, whatever the number?** Safety overrides the rule. Add 30 minutes and speak to a clinician.

Baseline — days 1 to 14

Change nothing about how you sleep for these fourteen days. Fill this in each morning within an hour of getting up, from memory; estimates are fine and clock-watching at night is not. You are measuring, and the measurement is the first step of the program.

Day	1	2	3	4	5	6	7	Week avg
Date								
Time to bed								
Lights out								
Minutes to fall asleep								
Minutes awake in the night								
Final wake time								
Time out of bed								
Total sleep time								
Time in bed								
Efficiency %								

Day	8	9	10	11	12	13	14	Week avg
Date								
Time to bed								
Lights out								
Minutes to fall asleep								
Minutes awake in the night								
Final wake time								
Time out of bed								
Total sleep time								
Time in bed								
Efficiency %								

SETTING YOUR WINDOW

14-day average total sleep time _____ Window = that average, **never less than 5 hours** _____ Fixed rise time _____

Earliest bedtime = rise time − window _____

Total sleep time = (final wake time − lights out) − minutes to fall asleep − minutes awake in the night. **Time in bed** = time out of bed − time to bed. **Efficiency** = total sleep time ÷ time in bed × 100.

Program — weeks 1 and 2

Keep the fixed rise time every day. Get into bed no earlier than your earliest bedtime, and only when sleepy. Review once, at the end of each week — never mid-week.

Day	15	16	17	18	19	20	21	Week avg
Date								
Time to bed								
Lights out								
Minutes to fall asleep								
Minutes awake in the night								
Final wake time								
Time out of bed								
Total sleep time								
Time in bed								
Efficiency %								

END OF WEEK 1

Average efficiency _____ %

≥ 90% add 15 min · **85–89%** hold · **< 85%** take 15 min (never below 5 h)

Next week's window _____ Earliest bedtime _____

Day	22	23	24	25	26	27	28	Week avg
Date								
Time to bed								
Lights out								
Minutes to fall asleep								
Minutes awake in the night								
Final wake time								
Time out of bed								
Total sleep time								
Time in bed								
Efficiency %								

END OF WEEK 2

Average efficiency _____ %

≥ 90% add 15 min · **85–89%** hold · **< 85%** take 15 min (never below 5 h)

Next week's window _____ Earliest bedtime _____

Total sleep time = (final wake time − lights out) − minutes to fall asleep − minutes awake in the night. **Time in bed** = time out of bed − time to bed. **Efficiency** = total sleep time ÷ time in bed × 100.

Program — weeks 3 and 4

Keep the fixed rise time every day. Get into bed no earlier than your earliest bedtime, and only when sleepy. Review once, at the end of each week — never mid-week.

Day	29	30	31	32	33	34	35	Week avg
Date								
Time to bed								
Lights out								
Minutes to fall asleep								
Minutes awake in the night								
Final wake time								
Time out of bed								
Total sleep time								
Time in bed								
Efficiency %								

END OF WEEK 3

Average efficiency _____ %

≥ 90% add 15 min · **85–89%** hold · **< 85%** take 15 min (never below 5 h)

Next week's window _____ Earliest bedtime _____

Day	36	37	38	39	40	41	42	Week avg
Date								
Time to bed								
Lights out								
Minutes to fall asleep								
Minutes awake in the night								
Final wake time								
Time out of bed								
Total sleep time								
Time in bed								
Efficiency %								

END OF WEEK 4

Average efficiency _____ %

≥ 90% add 15 min · **85–89%** hold · **< 85%** take 15 min (never below 5 h)

Next week's window _____ Earliest bedtime _____

Total sleep time = (final wake time − lights out) − minutes to fall asleep − minutes awake in the night. **Time in bed** = time out of bed − time to bed. **Efficiency** = total sleep time ÷ time in bed × 100.

Program — weeks 5 and 6

Keep the fixed rise time every day. Get into bed no earlier than your earliest bedtime, and only when sleepy. Review once, at the end of each week — never mid-week.

Day	43	44	45	46	47	48	49	Week avg
Date								
Time to bed								
Lights out								
Minutes to fall asleep								
Minutes awake in the night								
Final wake time								
Time out of bed								
Total sleep time								
Time in bed								
Efficiency %								

END OF WEEK 5

Average efficiency _____ %

≥ 90% add 15 min · **85–89%** hold · **< 85%** take 15 min (never below 5 h)

Next week's window _____ Earliest bedtime _____

Day	50	51	52	53	54	55	56	Week avg
Date								
Time to bed								
Lights out								
Minutes to fall asleep								
Minutes awake in the night								
Final wake time								
Time out of bed								
Total sleep time								
Time in bed								
Efficiency %								

END OF WEEK 6

Average efficiency _____ %

≥ 90% add 15 min · **85–89%** hold · **< 85%** take 15 min (never below 5 h)

Next week's window _____ Earliest bedtime _____

Total sleep time = (final wake time − lights out) − minutes to fall asleep − minutes awake in the night. **Time in bed** = time out of bed − time to bed. **Efficiency** = total sleep time ÷ time in bed × 100.