

CBT-I patient: Is it better to try to go to bed consistently at the same time every night, or to only go to bed when I feel tired, even if that is hours after my typical bedtime?

CBT-I clinician: Since you are averaging 5.5 hours of sleep, your maximum time allotted for sleep goal is 6.5 hours. Since your arising time goal is 6:30 am, your earliest lights out time is midnight. If you are not tired or sleepy at midnight, you do not go to bed until you feel drowsy. However, you should feel sleepy around midnight due to 17.5 hours of prior wakefulness.