

CBT-I Patient: I find it difficult to become drowsy later in the evening at around 10-11 PM. Aside from reading and relaxation techniques, what other strategies promote drowsiness in the later evening hours?

CBT-I Clinician: The most important thing you can do to promote drowsiness and sleep drive is to reduce your excessive time allotted for sleep, which is currently 7.5-8.5 hours on many nights. Because you reported an average of 5 hours of sleep, your time allotted for sleep goal should not be more than 6 hours from lights out to arising time. Therefore, you need to reduce time allotted for sleep by 1.5-2.5 hours on many nights. Until you do this, you may not feel drowsier. Also, get out of bed at around the same time more consistently to increase sleep drive and drowsiness since your arising times currently vary too much. Exercise late day and avoiding afternoon caffeine and evening blue light exposure will also increase drowsiness.