

CBT-I Patient: Is there a way to tell the difference between stage 2 sleep and wakefulness so I know when to get out of bed or stay in bed when using stimulus control?

CBT-I Clinician: There is no simple way to tell the difference. Generally, if time seems to pass slowly (e.g., 10 minutes seems like 20), you are awake. If time seems to pass quickly (20 minutes seems like 10), you are likely in stage 2.