

CBT-I Patient: On the nights of poor sleep this week, I was reading in the living room and becoming very drowsy, but then once I got into bed, was awake and could not fall asleep for long periods of time. Should I try reading in bed for the 1/2 hour before lights out so that I am becoming drowsy while in bed (as a transitional activity)?

CBT-I Clinician: You can try that as long as you do not read in bed for more than 20-30 minutes before you turn your lights off as part of stimulus control guidelines. However, that may be not be sufficient since you are not meeting your time allotted for sleep goal. Until you do that, you may not have enough sleep drive and prior wakefulness, and that may be the main reason you are having difficulty falling asleep.