

CBT-I Patient: If I wake at 4 am, I sometimes think I'm awake the entire time afterward, but I lose track of time because it passes quickly and the alarm goes off several hours later at 7 am. Am I still sleeping between 4-7?

CBT-I Clinician: If you lose track of time or it passes quickly, you are probably not awake. Instead, you are at least in stage 1 sleep and are likely in stage 2 for a good part of that time.