

CBT-I Patient: I'm having difficulty staying up until my earliest lights out goal which is midnight because I am nodding off during the early evening. How do I prevent this?

CBT-I Clinician: To avoid dozing in the early evening so that you can meet your earliest lights out goal, use physical activity to prevent drowsiness instead of stretching out on the couch or recliner in a dimly lit room the hour before your targeted bedtime. If you are reading or watching television, walk around every tenth page of your book or after every commercial on the television.