

CBT-I Patient: When will I be able to increase my time in bed to allow for the possibility of more sleep?

CBT-I Clinician- You can gradually increase your time allotted for sleep as your average sleep duration increases as long as you maintain the maximum time allotted for sleep rule which is calculated by adding one hour to your average sleep duration. Since you report 4.5 hours of sleep on your sleep diary, your minimum time allotted for sleep should be 5.5 hours. Using the maximum time allotted for sleep rule, you can increase time allotted for sleep to 6 hours (from the present goal of 5.5) when you report 5 hours of sleep on average (5 hours plus 1 hour= 6 hours maximum time allotted for sleep).