

CBT-I Patient: My maximum time allotted for sleep goal is presently 7 hours because I am sleeping 6 hours. However, I'm wondering if I should go for 6 1/2 hours for my maximum time allotted for sleep goal as I'm still finding I'm awake for more than an hour 3 out of 7 nights a week.

CBT-I Clinician: Yes, you can reduce your maximum time allotted for sleep goal to 6.5 hours. The closer you limit time allotted for sleep to your actual sleep duration, the better. That means that 6.5 hours for time allotted for sleep is better than 7 hours when you're averaging 6 hours of sleep.