

Can you now make your new sleep plan and write it down in the box below. Make sure you write down your own times based on the seven days of your sleep diary.

My new set bedtime	
My times to get out of bed	
Where I will go if I wake and can't sleep	
What I will do if I wake to relax	

This is often the point in therapy when people start to really worry and protest. Trust me, this is normal. It feels quite brutal to take you out of the bedroom but I did say that we were resetting the system. Think of this as 'Control-Alt-Delete' for your night.