

From: *say goodnight to insomnia* By Gregg Jacobs

sleep scheduling techniques

Sleep scheduling pertains to when you go to bed, when you get out of bed, and how much time you spend in bed. To use sleep scheduling techniques to improve your sleep, you must first grasp two fundamental concepts : prior wakefulness and sleep efficiency.

prior wakefulness refers to the number of hours that have elapsed from the time you rise in the morning until you turn off the lights at bedtime to go to sleep. our Sleep System follows a basic principle: the greater the amount of prior wakefulness, the greater the brain's pressure for sleep and the better we sleep.

The reason is well-documented. With more prior wakefulness, we increase our exposure to sunlight and generate more physical activity, which, in turn, cause our body temperature to rise and fall more. as a result, our sleep system is strengthened and we sleep better. Therefore, the earlier you get out of bed and the later you go to bed, the more prior wakefulness you accrue and the better you will sleep. You will fall asleep faster, produce more sound sleep with fewer and shorter wake Up's, and more sleep hours.

Sleep efficiency is the ratio of time asleep to time spent in bed. . . .

one way to improve sleep efficiency is to learn to increase the time that you are asleep. Since all the techniques in this program are designed to help you fall asleep more easily, wake up less often and for shorter periods of time, and fall back to sleep more easily, they will improve sleep *spent* efficiency. The other way to improve sleep efficiency is to reduce time in bed. we will return to this idea later.

A regular Rising time

in an effort to make up for lost sleep, many Insomniacs sleep in on weekends or after a bad night of sleep. although this strategy may work in

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