

CHOOSING YOUR

Starting Line for Sleep

Practice choosing tonight's starting line for sleep with the following steps.

Please note: These calculations are rough and will not exactly predict when you can expect sleep. Instead, this exercise is a 'quick and dirty' way of avoiding the trap of showing up far too early for sleep if you often find you consistently spend significant time trying to fall asleep.

One

Today's wake-up time

14-hour rule time

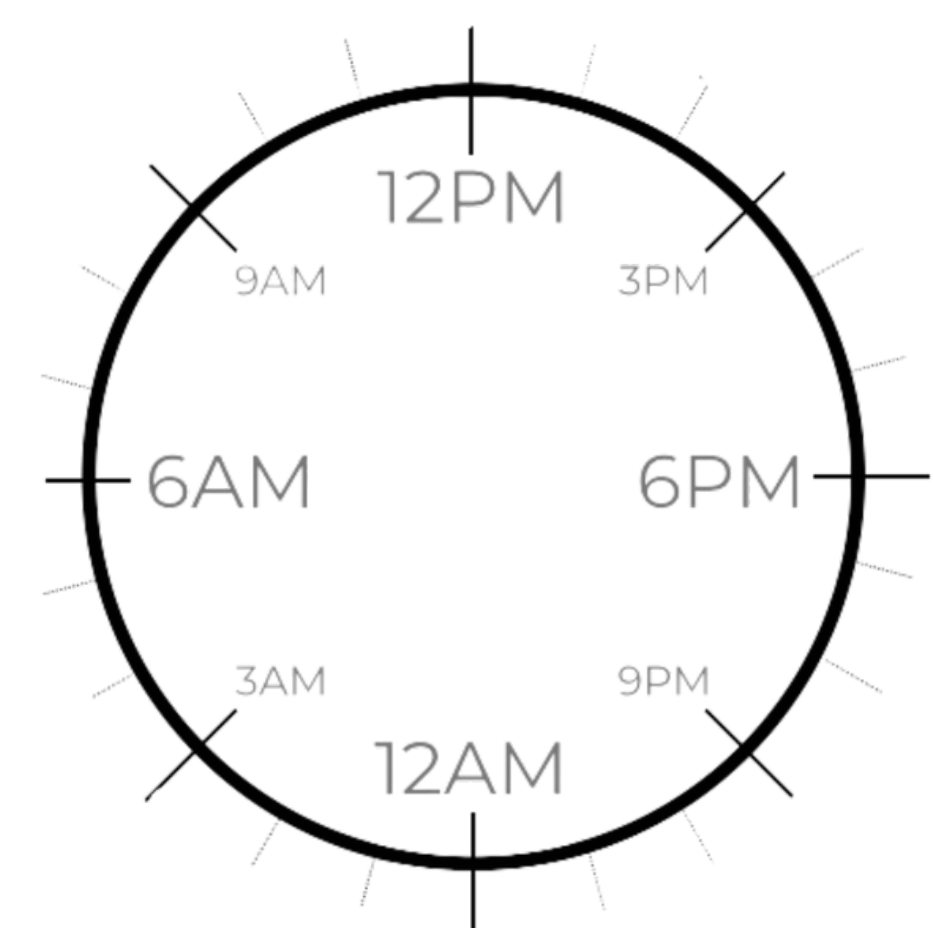
Nap length

When to expect
enough sleep drive



Two

Current ideal timing for
sleep (based on the clock)



Three

Choose the later of the two times as your starting line for sleep. Tonight, don't try to sleep, expect sleep, or get into bed until this time.

Tonight's starting line for sleep