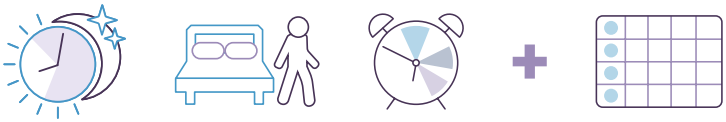
3 and 1

Three Habits & One Tool
for better sleep



Sleepwell
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RESEARCH & KNOWLEDGE MOBILIZATION

Struggling with sleep?

Insomnia often starts as an occasional problem but can turn into an ongoing struggle, leaving you feeling as though you've forgotten how to sleep.

PEOPLE WITH INSOMNIA

- Have difficulty getting to sleep or staying asleep
- Don't feel well rested
- Are looking for a better night's sleep

The reason why insomnia starts is often different from what keeps it going, and strategies that once helped may no longer work. Habits play a role in keeping insomnia going, and changing them can create the right conditions for better sleep.

Three habits and one tool that work as a team

This booklet introduces three proven habits and one simple tool to help you get your sleep back. These habits work with your body's natural sleep systems and can improve sleep quickly when you use them constistently. You can start with the first two habits and add the third when you're ready, or try all three from the start — the choice is yours.

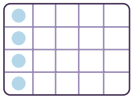
Your main tool is the sleep diary. Recording your sleep each morning helps you see patterns and track how your sleep responds to the habits. Your diary can also guide small changes to your sleep schedule. For the best results, stick with the habits and keep using your diary.

3 HABITS **1 TOOL**

Set a regular bedtime and rise time

Save the bed for sleep

Squeeze out the awake times



Keep track with the sleep diary

Who this booklet is for

This booklet is for people who know they have **insomnia**. If unsure, speak with your health care professional. You can use this booklet if you take sleeping pills.

This booklet is **not** a treatment for other sleep problems (ex. sleep apnea).

HABIT 1 Set a regular bedtime and rise time

Going to bed and getting out of bed at the same time each day helps set a routine, making your sleep more regular.

- Set a **bedtime** that matches when you usually feel sleepy and go to bed at that time each night. This may be later than your usual bedtime. If you are not sleepy at that time, wait until you feel sleepy before going to bed.
- Set a **rise time** and get out of bed at that time each day. Don't stay in bed after your rise time.

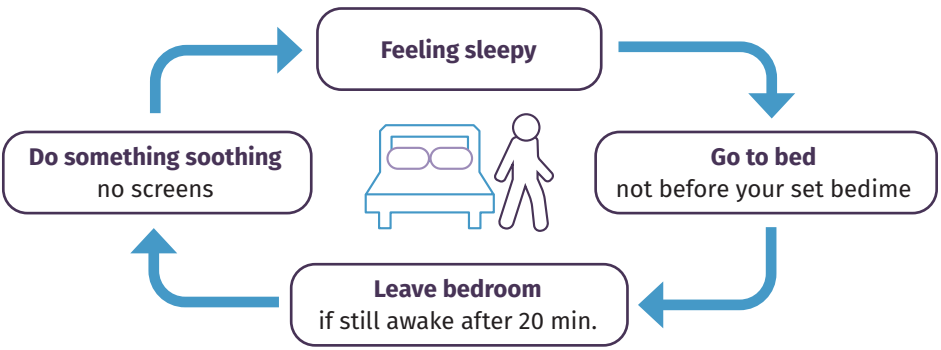
HABIT 2 Save the bed for sleep

When you lie awake in bed night after night, your brain can begin to link the bed with wakefulness instead of sleep. Use these strategies to help retrain your brain to connect your bed with sleeping.

- Use your bed only for the "3 Ss" - sleep, sickness, and sex. No reading, screens, or other activities.
- Stay awake and out of bed until your bedtime. Stay up past your bedtime if not sleepy.
- Get up and start your day at your rise time no matter how your sleep went.
- Avoid naps if possible. If needed for safety, nap before 3:00 pm for 30 minutes or less.
- If you're unable to fall asleep after about 20 minutes, get out of bed. Return only when you feel sleepy. Repeat as needed during the night.

TIPS

Don't watch the clock, just estimate the time. Getting out of bed can be hard, especially overnight. Plan ahead by setting up a cozy, low-light space with something relaxing to do, like reading or doodling.

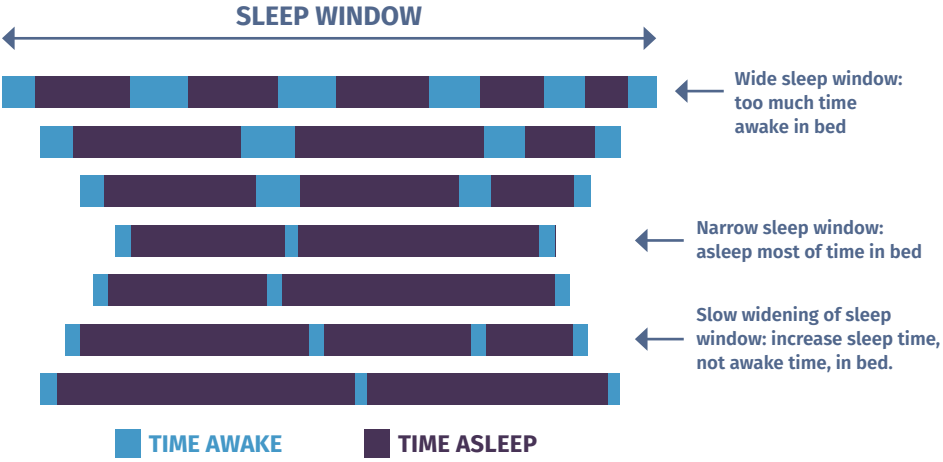


HABIT 3 Squeeze out the awake times

Your **sleep window** is the time between when you go to bed and when you get up in the morning. If you spend a lot of that time awake, narrowing your sleep window can help. Spending less time in bed builds sleep pressure, which helps you fall asleep faster and wake less during the night. Most people keep the same rise time and move their bedtime later when narrowing the sleep window.

Narrow: Each week, gradually narrow your sleep window by moving your bedtime later by about 10 minutes every 2–3 days, so that by the end of the week you are spending 20–30 minutes less time in bed. Continue this for 2 or more weeks until most of the time you spend in bed is actually spent sleeping. Don't reduce your sleep window below 6 hours.

Widen: Once your sleep becomes more solid, begin to slowly widen your sleep window, usually by adding 5 minutes of time in bed every 2–3 days. Expanding the window gradually helps keep the **time awake** from returning. This process takes time, but when combined with the other two habits it is usually effective.



Substantially narrowing your sleep window is **not advised** for people with sleep-sensitive health conditions, such as epilepsy and bipolar disorder. Speak with your health care professional for guidance.

YOUR 1 TOOL The sleep diary

Each morning, use the sleep diary to record your sleep. Over time, look for patterns and notice how your sleep changes as you practice the three habits. Follow the bedtime and rise time that match your current sleep window, and work on reducing the amount of time you are awake during your sleep window. Two one-week sleep diaries are included. For more copies, visit **mysleepwell.ca**.

Sleep Diary

Exact times are not necessary.
Estimates are all you need.

SLEEP SCHEDULE	
	Bedtime:
	Rise Time:

DAY OF THE WEEK							
DATE							
Q1 What time did you get into bed?							
Q2 What time did you try to go to sleep?							
Q3 How long did it take you to fall asleep?							
Q4 How many times did you wake up, not counting your final awakening?							
Q5 In total, how long did these awakenings last?							
Q6 What time was your final awakening?							
Q7 What time did you get out of bed for the day?							
Q8 How would you rate the quality of your sleep?	○ Very poor ○ Poor ○ Good ○ Fair ○ Very good	○ Very poor ○ Poor ○ Good ○ Fair ○ Very good	○ Very poor ○ Poor ○ Good ○ Fair ○ Very good	○ Very poor ○ Poor ○ Good ○ Fair ○ Very good	○ Very poor ○ Poor ○ Good ○ Fair ○ Very good	○ Very poor ○ Poor ○ Good ○ Fair ○ Very good	○ Very poor ○ Poor ○ Good ○ Fair ○ Very good
Q9 Note anything that interfered with your sleep.							

End-of-week calculations

Easy calculations at
mysleepwell.ca/calculator

SLEEP NUMBERS		
	1 Sleep window:	3 Time asleep:
	2 Time awake:	4 Sleep efficiency: %

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What does better sleep look like?

Better sleep often shows up in simple, noticeable ways:

Nighttime: Falling asleep more easily, waking less often, and spending less time awake in bed.

Daytime: Feeling more rested or refreshed, clearer-headed, steadier on your feet, and in a better mood.

Looking for more ways to improve your sleep?

The sleep habits and tool in this booklet come from cognitive behavioural therapy for insomnia (CBT-I). This is the recommended treatment for chronic insomnia. CBT-I is a short-term therapy, usually completed over 4 to 8 weeks, that focuses on the habits and thought patterns that interfere with sleep. It combines practical changes to daytime and nighttime routines with strategies to manage unhelpful thoughts about sleep. For some people, the steps in this booklet may be enough to improve sleep. For others, the three habits and sleep diary provide a solid foundation for starting a full CBT-I program.

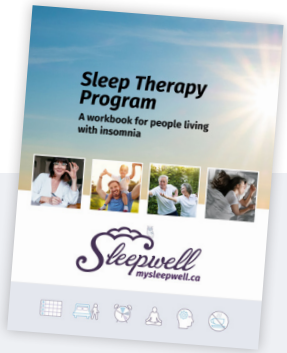
The components of CBT-I

Control	Sleep Drive	Relax	Thoughts	Hygiene
STIMULUS CONTROL	TIME-IN-BED RESTRICTION	RELAXATION THERAPY	COGNITIVE THERAPY	SLEEP HYGIENE

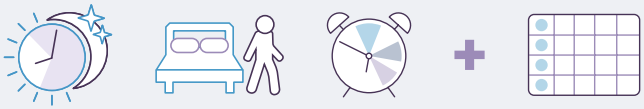
Learn more at **mysleepwell.ca**

How to get CBT-I

CBT-I is available in several formats, including therapist-guided programs, digital programs, and books or workbooks. To explore **recommended** CBT-I options, visit **mysleepwell.ca**



Sleepwell's Sleep Therapy Program workbook



Sleep is shaped by habits. When sleep is a struggle, changing habits is where to start.

This booklet offers a practical place to begin.

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ABOUT THIS BOOKLET

This booklet presents three evidence-based sleep habits and one essential tool used in the treatment of insomnia. These strategies address the habits that disrupt sleep and are components of cognitive behavioural therapy for insomnia (CBT-I). The booklet was developed with input from people living with insomnia, front-line clinicians, and sleep experts from across Canada and internationally, reflecting both research evidence and real-world experience. For many people, this booklet is enough to improve sleep. For others, contents of the booklet provide a strong foundation for starting a full CBT-I program.

ABOUT SLEEPWELL

Sleepwell is a research and knowledge mobilization program based at Dalhousie University in Halifax, Nova Scotia, Canada. It was developed to help people with insomnia improve their sleep and reduce reliance on sleeping pills. Sleepwell shares evidence-based information and recommends specific programs, tools, and resources for managing insomnia (mysleepwell.ca). Development and evaluation of Sleepwell have been supported by government funding from Nova Scotia, New Brunswick, and Canada.

DISCLAIMER

Sleepwell resources are not intended to diagnose sleep problems or replace the care and advice of a health care professional. If you have concerns about sleep or other health issues, please speak with your health care provider.

DALHOUSIE UNIVERSITY

CDA-AMC Canada's Drug Agency | L'Agence des médicaments du Canada

Canadian Medication Appropriateness and Deprescribing Network

The views expressed herein do not necessarily represent the views of the Canadian Agency for Drugs and Technologies in Health o/a Canada's Drug Agency.