

## My Optimum Sleep Training

### Self-Assessment: Analysis

We are now going to look at your answers to the assessment questions to determine the drivers of your insomnia and prioritize your therapy strategy. It will help you focus your efforts in the program. As we go through the kinds of insomnia, the models of sleep regulation and of insomnia, and the major behavioral sleep therapies, you should gain insight into your insomnia and the components of the CBT that will help you the most.

Note: Again, the word “night” means your normal major sleep period even if it is in the daytime. If you work shiftwork you should have answered the questions for each schedule, even if you had to answer some questions three or more times.

Your answers:	What they suggest:	Strategies to consider:
Trouble falling asleep	Psychophysiological factors Circadian factors Sleep hygiene factors	Stimulus control Sleep hygiene Sleep restriction Relaxation/stress management Daily schedule
Wake up a lot throughout the night	Circadian factors Sleep hygiene factors Medical or medication factors Stress related issues	Sleep restriction Sleep hygiene Relaxation/stress management Medical management
Wake up a lot for the first hour or more of the night	Circadian factors	Daily schedule Sleep restriction
Wake up too early in the morning	Circadian factors Sleep hygiene factors	Sleep restriction Daily schedule
Fall asleep about the same time regardless of bedtime	Circadian factors	Daily schedule
Long time to fall asleep regardless of bedtime	Sleep hygiene factors Psychophysiological factors	Sleep hygiene Stimulus control Relaxation/stress management Sleep restriction
You are more “tired” than “sleepy” during the day or you try to nap but cannot fall asleep during the day	Maybe it’s not “insomnia” Circadian factors Sleep hygiene factors	Daily schedule Sleep Hygiene
You are more “sleepy” than “tired” during the day or you doze off unintentionally during the day	Psychophysiological factors Sleep hygiene factors Circadian factors Medical/medication factors	Sleep hygiene Stimulus control Daily schedule Medical management Sleep restriction

Your answers:	What they suggest:	Strategies to consider:
Your actual bedtime varies by more than 15 minutes (range of 30 minutes)	Circadian factors Sleep hygiene factors	Daily schedule Sleep hygiene Relaxation/stress management
Your morning arising time varies by more than 15 minutes (range of 30 minutes)	Circadian factors Sleep hygiene factors	Daily schedule Sleep hygiene
You nap during the day	Circadian factors Sleep hygiene factors	Daily schedule Sleep hygiene Sleep restriction
You do chores, pay bills, study, work soon before bedtime	Psychophysiological factors Sleep hygiene factors	Sleep hygiene Relaxation/stress management Stimulus control
Your bedroom is uncomfortable or conducive for sleep	Environmental factors	Improve sleep environment
You watch TV, video game, Facebook, etc while in the bed	Psychophysiological factors Sleep hygiene factors	Sleep restriction Sleep hygiene Relaxation/stress management
You take sleep aids: OTC or prescription most nights	Psychophysiological factors Medical/psychological factors Sedative/hypnotic dependency	Stimulus control Relaxation/stress management Medical management Sleep hygiene Sleep restriction
You recall when the insomnia began and the precipitating factor is gone	Psychophysiological factors Sleep hygiene factors	Stimulus Control Sleep hygiene Sleep restriction