

CBT-I STATS



There is no "one size fits all" answer to a person's sleep problems. Below is an example where the individuals are similar: neither person feels rested, both get 7 hours of sleep per night, and they both spend 87% of their time in bed asleep (which is good, but not excellent). However, they differ on one stat: nighttime awakenings. What does one do to increase restedness? Look at their average number of nighttime awakenings to decide.

**PERSON #1:
AVE. # OF NIGHTTIME
AWAKENINGS: 7+**

**PERSON #2:
AVE. # OF NIGHTTIME
AWAKENINGS: 1 (BRIEF)**

A smart decision entails: Decrease the time spent in bed by 15 minutes.

The priority is to minimize awakenings so that the body is better trained to sleep solidly and restfully before introducing the body to opportunities to sleep longer. Do NOT increase time spent in bed for sleep yet. Reducing time in bed will help reduce the number of awakenings, ultimately leading to feeling more rested, even if the total number of hours of sleep is a bit short at this stage of sleep training.

A smart decision entails: Increase the time spent in bed by 15 minutes.

The body seems to be trained well enough to sleep solidly without interruption. Increase the time spent in bed by 15 minutes. The main task now is to slowly increase the opportunity given to the body to sleep in bed until the quality of sleep starts to decrease, such as would be seen in terms of having a harder time sleeping, more awakenings, difficulty falling asleep, etc.

TAKEAWAY MESSAGE

Notice how the sleep complaint (not rested) and sleep stats were very similar, but the awakenings were different. This led to different sleep decisions. We resisted the desire to just stay in bed in hopes of sleep getting better on its own (for Person #1), and we certainly did NOT use a one-size-fits-all approach or recommend trying to sleep for random lengths of time (for Person #2)!