

SMART Sleep

Overview: An average of 7-9 hours of sleep is usually best for adults, but children need more depending on their age. Sleep quality is based primarily on modifiable health behaviors, although physical, mental, and medication effects play a role as well. Healthy sleep is required for ongoing maintenance of proper mental, physical, and neurological function.

Details: Insomnia is both a cause and consequence of virtually all psychiatric illnesses playing a powerful role in depression, bipolar, anxiety, PTSD, ADHD, and substance use disorders. Insomnia can lead to short term as well as chronic difficulties in cognitive and athletic performance and is associated with increased risk for major cardiovascular and neurocognitive disorders. CBTi (cognitive behavioral therapy for insomnia) is made up of teachable tools including sleep hygiene, relaxation, cognitive exercises, and conditioning called stimulus-response.

ASSESSMENT: Adapted from the Sleep Hygiene Inventory (SHI)								
How many days per week do you do the following?				0	1-2	3-4	5-6	7
				0 pt	1 pt	2 pt	3 pt	4 pt
I take daytime naps lasting two or more hours.								
I go to bed at different times from day to day.								
I get out of bed at different times from day to day.								
I exercise to the point of sweating within 1 hour of going to bed.								
I stay in bed longer than I should.								
I use alcohol, tobacco, or caffeine within 4 hours of going to bed.								
I do something that may wake me up before bedtime (eg, screens).								
I go to bed feeling stressed, angry, upset, or nervous.								
I use my bed for things other than sleeping or sex (eg, screens, read, study).								
I sleep on an uncomfortable bed (eg, poor mattress or pillow).								
I sleep in an uncomfortable bedroom (eg, too bright, too hot, cold, or noisy).								
I do important work before bedtime (eg, pay bills, schedule, study).								
I think, plan, or worry when I am in bed.								
Subtotals								
TOTAL score				Enter score below				
0-25	Adequate sleep hygiene	26-34	Fair sleep hygiene	35-52	Poor sleep hygiene			

Education: Sleep Hygiene

Negative Factors	Positive Factors
<ul style="list-style-type: none"> Napping during the day Watching television or lounging in bed Using a device with a bright screen in the hour before bedtime (eg, a smartphone) Consuming drinks containing caffeine Drinking alcohol or smoking/vaping Eating a heavy meal less than 3 hours before bedtime Staying in bed even if you can't fall asleep 	<ul style="list-style-type: none"> Regular exercise Set aside some "worry time" each day to write down any issues that are bothering you (at least 1-2 hour before bed) Relaxation exercises (eg, breathing exercises) Having a relaxing bedtime routine (e.g. taking a bath or a shower, followed by reading a comforting book) Make sure the bedroom is completely dark, comfortable, and the right temperature (not too hot or cold)

Sleep Strategies: Consider the following ideas when picking SMART goals below.

Regulate timing	Get up and go to sleep within 30 minutes of the same time 7 days a week
Add relaxation	Use breathing, mindfulness, and muscle relaxation to get to and return to sleep
Stop napping	Avoid napping which robs sleep from the next night – stay up and go to bed early
Get some exercise	Try to get more exercise during the day, but not right before bed
Limit screens and light	Avoid screens in bed and 1 hour before bed other than low-light reading
Limit substances	Avoid alcohol, nicotine, caffeine, and cannabis, especially 3 hours before bed
Plan your worry	Set aside worry time daily to journal (at least 1-2 hours before bed)
Make a routine	Find a relaxing bedtime routine (eg, bathe, meditate, then read)
Optimize environment	Make the bedroom quiet, dark, comfortable, and the right temperature
Avoid late-night meals	Avoid eating a heavy meal less than 3 hours before bedtime
Get up if not sleeping	Leave bed for meditation, stretching, or reading until you are feeling tired again
Use an app	BetterSleep, Sleep Score, SleepCycle, ShutEye, Snore Lab (snoring)
Do a workbook	The Insomnia Workbook

SMART GOAL: Create a goal based on what you are doing now, past successes, or any new ideas.

S	Specific action and frequency	
M	Measure of progress	
A	Accountability partner or plan	
R	Relevant to what goal(s)	
T	Time to start and follow-up	

ACTIVITY LOG: Over the next 1-4 weeks, track your progress around the new behavioral goal and make notes on what goes well and poorly. Choose 1 goal or change/increase the goal weekly.

Week 1 Goal				Week 2 Goal			
Day	Yes	No	Notes	Day	Yes	No	No
M				M			
T				T			
W				W			
Th				Th			
F				F			
S				S			
Su				Su			
Week 3 Goal				Week 4 Goal			
Day	Yes	No	Notes	Day	Yes	No	No
M				M			
T				T			
W				W			
Th				Th			
F				F			
S				S			
Su				Su			

Repeat every 1- 4 weeks – when goals are achieved, return to **Health and Lifestyle Scorecards**