

# Common Difficulties

Tips to help you with your Sleep Prescription



## Wake Time

Tips to help you get out of bed at your Wake Time.

- Use an alarm clock.
- Plan something fun for early in the morning so you have something to look forward to.
- Schedule appointments early in the morning to “force” yourself out of bed.
- As soon as your alarm goes off, open up your curtains or blinds to let sunlight in.
- Plan your breakfast in advance to look forward to a delicious meal.
- Set your coffee pot on auto so that it’s ready at your wake time.
- Remind yourself, “It feels good to stay here in bed this morning, but if I get up now, it will get a little easier to get up early again tomorrow.”

## Earliest Bedtime

Tips for staying awake until your Earliest Bedtime.

- Be more active instead of being a “couch potato,” which makes it harder to ward off fatigue.
- Prepare meals or clothes for the next day.
- Catch up on non-stressful household tasks such as laundry.
- Stay out of your bedroom so you’re not tempted to get in bed.
- Organize household items.
- Remind yourself, “If I go to bed before my Earliest Bedtime, I am more likely to wake up in the middle of the night.”