



Sleep Alteration Instructions

The best measure of the consolidation of your sleep is your sleep efficiency. Sleep efficiency is calculated using the follows formula:

$$\text{Sleep Efficiency} = \frac{\text{Total sleep time}}{\text{Sleep opportunity}} \times 100$$

Sleep opportunity (SO) is time allowed in bed = Difference in minutes between Row 2 and [Row 6a + Row 6d]

Total sleep time (TST) = Sleep opportunity minus Row 3 minus Row 5 minus Row 6d.

| If your sleep efficiency is... | Do this: |
|-------------------------------------|---|
| Greater than or equal to 85% | Increase your sleep opportunity by 15 minutes at the beginning of the night |
| Less than 80% | Decrease sleep opportunity by 15 minutes at the beginning of the night, but never allow sleep opportunity to drop below 5.0 hours. |
| Between 80 – 85% | Stay on your current schedule. When your sleep efficiency is either greater than 85% or less than 80% for 4 consecutive days , you can extend or restrict your sleep opportunity according the above rules. |

Remember that every 4 days you re-calculate to see if you can expand your time in bed.

You can stop this expansion process any time you feel that you are in bed long enough and getting enough sleep, or you can continue to optimize your sleep by expanding until after several 4 day blocks your sleep efficiency never reaches 85% regardless of how often you try. At that point, you may want to return to the last amount of sleep opportunity where you were able to get over 85% and felt your best. This is likely now your optimal sleep opportunity and the amount of sleep you get within this is closest to your sleep need.