

somewhere on his bed if that can effectively wake him. Nix the snooze button completely. There's no excuse to let someone repeatedly wake you up every ten minutes- that's torture. If he can't be courteous enough to stay awake after one alert, he needs to move into Olympic Village sooner rather than later. Discuss prepping for the day the night before, rather than listening to him rustle through piles of dirty clothes looking for his Speedo. And explain to him, since he was obviously raised in a cave, that door slamming really isn't cool for sleeping, whether he's late or not. We're proud that he's a fish in the pool but we'll cheer for him between the hours of 10:00 AM and 10:00 PM thankyouverymuch.

Practice suggestions:

1. If one or more of the suggestions above differs from your nighttime habits, consider adopting one of these healthy sleep habits.
2. Continue to follow the sleep scheduling you've been working on.
3. Continue to use the 30 second sleep diary.

Thirty Second Sleep Diary:

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Time you went to bed last night:							
Time you got out of bed this morning:							
Number of minutes you estimate it took you to fall asleep last night:							
Number of times you remember waking up in the middle of the night:							
Total number of minutes you estimate you were awake in during the night:							
Total amount of sleep you had last night:							
Number (none = 0) alcoholic beverages you consumed before going to bed last night:							
Did you take any sleeping medication last night (record "yes" or "no")? If yes specify.							
How much did you enjoy sleeping last night? 0 1 2 3 Not at all Very much							
How refreshed do you feel this morning? 0 1 2 3 Not at all Very much							

Adapted from Morin, C.M., and Espie, C.A., *Insomnia: A Clinical Guide to Assessment and Treatment*, Springer 2004.