



Malvern Sleep Clinic

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STIMULUS CONTROL INSTRUCTIONS:

- 1) Go to sleep only when you feel sleepy
- 2) Do not use your bed or bedroom for anything except sleep (sexual activity is the only exception)
- 3) If you have not fallen asleep within approximately 20 minutes, get up and go into another room. Engage in relaxing activities, such as non-work related light reading, and go back to bed when you feel sleepy or are ready for sleep.
- 4) If you cannot fall back to sleep, repeat step 3
- 5) Set alarm for the same time each morning