**Delayed sleep phase therapy**

In order for this therapy to work, it takes several weeks of diligent dedication to adjusting your sleep schedule. Initially you may feel sleepier or have more disrupted sleep but eventually if you continue with this treatment, your sleep will improve. Keep a sleep diary throughout.

**Instructions:**

1. Start with bedtime at \_\_\_\_\_\_\_\_\_\_\_\_\_ and wake time at \_\_\_\_\_\_\_\_\_\_. (allow 7-8 hours total sleep time)
2. Ensure you take melatonin 1.5mg 6 hours before whatever bedtime you have determined for that day.
3. Try to get bright light first thing in the morning by going outdoors - this is important to set your biological clock.
4. Stick to this schedule until you are sleeping well through the night for at least 3 nights (eg. 90% of the time you are in bed, you are asleep). Then move bedtime back by 15 minutes, wake time back by 15 minutes, timing of Melatonin by 15 minutes and bright light in the morning by 15 minutes.
5. Repeat step 4 until you reach your desired wake and bed time.

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| --- | --- | --- | --- | --- | --- | --- | --- |
| date | Bedtime | Wake time | Melatonin dose time | Bright light upon awakening - time | time took to fall asleep | Slept most of time in bed? y/n | comments |
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